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ABSTRACT

This booklet is a collection of writing by ninth-grade students taken from the 1987 and 1988 Canadian Territorial Achievement Tests. The booklet's 70 pieces of writing include essays on education in the Northwest Territory, narratives on how the best laid plans can go wrong, humorous treatments on uses for chewing gum and the best ways to keep warm, and discussions of issues that concern teenagers of the north. (SR)

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MY POINT OF VIEW

MORE WRITING FROM GRADE 9 STUDENTS

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Northwest Territories Education
July, 1990

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MY POINT OF VIEW

MORE WRITING FROM GRADE 9 STUDENTS

FOREWORD

This selection of Grade 9 writing was taken from the 1987 and 1988 Territorial Achievement Tests. Assignments set by the testers included an essay on Education in the NWT, a narrative on how the best laid plans can go wrong, humourous treatments on uses for chewing gum and best ways to keep warm, and a chance to discuss issues of concern to teenagers in the north.

Since the tests are returned to Yellowknife for marking with only a code number identifying the student, no names have been included, but we hope that the authors will see their work in print, and take pride in being included in a Territorial collection.

The collection shows how strongly students feel about some issues, and how well they can convey their concerns. It should be pointed out that these pieces of writing express the personal views of the students who wrote them and are not necessarily those of the Northwest Territories Government or the Department of Education.

Debby Dobson
Curriculum Coordinator
Secondary English

YELLOWKNIFE

I enjoy going to school when it isn't 50 below. I always do my homework if the Cosby Show isn't playing. I love all my teachers except for two. In previous years, though, I've disliked them all.

I think the main factor in providing a good education is first providing a good teacher. In the North it seems they have fulfilled this need. Last year I had a very understanding and helpful teacher yet she put her foot down when it was necessary. With this type of treatment I found it easy and enjoyable to be in school. As a result, I received good grades. I even made it on the honour roll all three terms.

Down south, where I originally came from, I had those strict teachers who misjudge school to be a military camp. Maybe some kids like being frightened into working but I cannot see the logic in that.

I think to enrich the aspect of schooling, teachers should try and listen to each individual student's needs and they should try to understand.

I realize this may be rather difficult, but teachers up here, even though their classes run up in numbers, seem to have everything under control.

I am really grateful for those teachers of the N.W.T. who take that extra step.

CONCERNS IN N.W.T. EDUCATION

YELLOWKNIFE

I think there is one rule in our school which is just obtuse. It is the rule that says whiteout is no longer allowed. I think to myself "Why?"

There's absolutely nothing wrong with it. So a couple of kids paint on their desks with it. That's a good thing. It means that teachers will be reminded of that student after he/she has graduated.

Whiteout is much more tidy than those erasable pens they want us to use now. Whiteout is the same colour as the paper and shouldn't smear, if you let it dry properly. With the erasable pens, the ink is a real nuisance. When you erase, it smears all over the place and there's a big blotch left on your paper. Also, it takes longer to dry than whiteout. If you touch it, it gets on your fingers and then if you touch your paper it splotches all over the place. It also comes out very stringy sometimes. Sort of like when you spit and it's cold outside, the saliva comes out in a big, long string and it flies on to your jacket and freezes.

Another thing I dislike about the rule is they sell whiteout in the office and the teachers are allowed to use it. That's like if your mom says you're not allowed to have silk sheets but she's got them on her bed.

Please, you people at the Department of Education. Please tell the staff here at William McDonald to re-instate whiteout at the school. My hands are blue from all this god-forsaken erasable ink.

EDUCATION IN THE N.W.T.

YELLOWKNIFE

As I am noted to have numerous absences, it is rather predictable that I should write my essay on the laws pertaining to the amount of time each student is permitted to miss.

I am not sure if the southern-most schools have the same 'laws' but those which we have in Yellowknife are both reasonable and sensible yet rather silly, too. I think that the limit of four days per month (for each student to be absent), is quite fair. However, I have not yet run into a single person who can totally control his health. Some people get sick more frequently than others; it's as simple as that! The most that these hypochondriacs can do, is to ask a friend to bring him the work he may have missed. Unless he has fractured fingers or a malfunctioning brain he should be able to do his work and thus, be caught up by the time he goes back to school.

It is also (in my opinion) just to require of the student a note upon his return. These notes should have the date, the days missed by the student and an explanation of why he was truant.

Another point in the area of 'truancy': why are pupils automatically put back a grade if they miss too much school? I could understand the reasoning if the student had awful grades and was doing poorly, but if they maintained a 'B' average throughout the year, I feel that they've earned their right to be advanced, no matter how much school was missed. This way, teachers (etc.) wouldn't offer tweedledum excuses for the reasons he was put back a grade. I say - let the student deal with the problem himself -it's his life. All they (the teachers) could do is hope for the best. And yet it is said that things like this are done "for your own good".

Would it not be ignorant to put a child, who had perfect marks back a year on the sole basis of "missed too much school."

It seems to me that a student of ideal calibre (with sole imperfection of bad attendance) would be able to get away with missing lots and lots of school by keeping his grades up. However, I have little experience in this area and have this not to be the case.

POINT OF VIEW

YELLOWKNIFE

If I had to say one positive thing about school in the north it would probably have to be the socializing you get to do. At school you are able to find out the latest gossip or maybe even spread some around. You are able to find out how the show was if you couldn't make it or what everybody is doing on the weekend. And at your school there will always be a couple, or even more, dances a year. School dances are a great opportunity to meet kids your own age from different schools and have a lot of fun while you're doing it. Meeting kids from different schools always proves to be interesting.

Speaking from experience, it is very easy to adjust to attending school in the north. Two years ago I was a new student and the kids in my school tried hard to make me feel welcome here. I found this very helpful. That is what is so special about the schools in the north - they are not big but still they try hard to be warm and friendly.

When you arrive at a new school you feel insecure and nervous but here you are bound to find someone that you will like. The student population may be very low but the variety of people that you'll find here is amazing. They are fat, skinny, short, tall, black, white and many more.

I find moving to Yellowknife a nice change because down south nobody was a true friend. And new people used to get the silent treatment especially if they dressed differently or looked differently and one important lesson that I have learned from going to school in the north for 2 years is that you can't judge a book by it's cover.

One suggestion I have for promoting socializing in the schools is have more school dances.

Thank you!

WHAT I DISLIKE ABOUT SCHOOL

YELLOWKNIFE

Hi, I'm code number 28, and the topic I'd like to discuss with you today is what I dislike about school. And what I want to discuss is not how much I hate the work but how unsanitary I find school to be. I know you're probably thinking this is just another dumb kid trying to get a few laughs out of a teacher by describing the inside of a toilet but what you are about to read is not a joke, in fact it is very serious. It is a matter that concerns, if not the whole student body, but me.

I'd like to start off by describing to you the classroom. First of all the classroom is either red hot or ice cold, and no matter what, I always seem to dress for warm temperatures when it's ice cold or I dress for cold temperatures when it is so hot that I could probably cook an egg on the metal parts of a desk. Another thing about the classroom is the amounts of gum that have accumulated over the years in a number of spots, the areas most common are under desks where we the students spend most of our time.

Next I would like to point out the conditions of the bathrooms, they'd be great places I'm sure if it wasn't for the thick cloud of smoke that knocks you down whenever you attempt to step into the place and it's deadly to all non-smokers, but there are some advantages, smokers can hang out there and feel at home (you can probably tell by the brown rings on the toilets). Another thing is the conditions of the toilet stalls which I am sure you have experience in a time of desperate need. They are pretty awful. The toilets are in no condition to sit on, and even if you have to be cursed with this fate, and have finished whatever it was you happen to be doing, there usually is no toilet paper. The only toilet paper in the area has been strung across the stalls, or someone has wetted it all and had a ball throwing and watching it splatter all over the wall. When you have finished in the stalls and go to wash up, you find yourself afraid to touch the taps because of all the accumulated goop on them and when you get up the courage to turn the water on, all the water is ice cold and you end up having to wait awhile for your hands to thaw out and then you are ready to venture into the world.

So I think you have the idea now and I hope you realize what I am trying to say, remember these are just a few things that bother me the most, and in order to get the sanitation we want I think it is up to the student and teachers, and oh ya I wouldn't forget the janitors.

YELLOWKNIFE

One school experience that I have found very helpful and positive, was my soccer trip to Rankin Inlet for the Arctic Winter Games. I would like to share three aspects of this trip which enriched my learning.

The first thing I am going to talk about is what I learned about the community. A day or two before I went to Rankin Inlet, I got out some books and read about the community. I read that it was above the tree line on the barrens, but at the time I really didn't think what all this meant. When I got there it seemed thoroughly different from what the book described. When the book said Rankin Inlet was above the tree line, I knew there wasn't going to be any trees but it just seemed different when I got there. I guess it seemed different from the book because I couldn't imagine a place with no trees. When I got up the first day and went out skidooing it seemed even more amazing that there could be absolutely no trees whatsoever. I also learned about the nickel mine which is the reason for Rankin's existence. The one thing that made me appreciate Yellowknife was the high prices in Rankin and lack of stores to choose your goods from.

The second thing I learned about was the people. I encountered many new people of differing races and customs. Like they were always going around touching you on the arm, and some would even come up behind you and pull on your ear. At first this really annoyed my friends and I, but after a while we just got used to it and started to do it to them when they did it to us. (All in fun of course.) Being billeted truly helped me get to know the people of the community and how they lived.

And finally the third thing I learned was being part of a team and a tournament. I learned how to be a good sportsman even when we were losing or lost a game. I found it very fascinating being in a tournament with kids my age from all over the Territories.

One suggestion I have to further this experience that I have had, would be to have more field trips at Jr. High level. These trips would not even have to be out of town. Kids in elementary schools all go on field trips to see all sorts of things but they don't understand what they are seeing. Field trips at a Jr. High level could even be helpful towards career choices. In finishing, I would like to say that this was a very worthwhile experience for me and probably everyone else on the soccer team.

FORT SIMPSON

The hostel is one aspect that I find positive and helpful because if you don't have a certain grade in your community, you can go to the hostel. The hostel is not far from the school, only a two-minute walk. Any grade can come to the hostel from kindergarten to grade ten.

The hostel can hold at least sixty people or more. Every night, but Friday and Saturday all the students have to study for two hours. One thing I like about studying, is the principal from the school comes over and helps us with our homework. If you have trouble on questions and the principal is not there, you can ask one of your classmates that stay in the hostel for help. The administrator too, helps us on our school work.

The exciting things that happen in the hostel are that the student council from the hostel put up dances and games for the kids in the community. We have a ping-pong game, volleyball and two television rooms. On Fridays and Saturdays the supervisors either/or the administrator rent movies for the students. We have VHS and BETA.

The hostel helps other people in the community. If there were a banquet the people would ask for the hostel cooks to cook something for the people who attend the banquet. When they finish cooking the meals, the cooks would ask any of the students to serve at the banquet.

If I had a chance to do anything to the hostel, I would change the whole building and make it bigger. I have a feeling that more students would come and stay at the hostel and finish school.

MY POINT OF VIEW

CAMBRIDGE BAY

My thoughts of schooling in the north are generally positive. I find that as education advances, the schools are advancing right along with it.

For instance the younger students are being taught hand language and how to cope with the handicapped. There are students that are blind and students that are deaf that walk around the school alone or with another student. The schools here are training the teachers how to cope with the handicapped or upgrading the staff with special needs teachers.

There are advantages for the other students now because of the handicapped and the trained staff. The reason the handicapped help the other students is that when the other students help the disabled they feel proud of themselves also they learn that disabled people aren't so useless. Instead they accept them as they are and not as what they want them to be. With the upgraded and trained staff it helps everyone because the teachers know what to do now if there is a troubled student

in their class also the students will be well disciplined and most likely won't want to make enemies with other students. When the students feel proud of themselves, they will want to attend school and help the teachers and disabled also to be polite.

One of my suggestions to the school is to have more facilities for the disabled, such as special bathrooms for when people in wheel-chairs come to school and to build a ramp. Another is to teach hand language for the older students.

INUVIK

I think that there are not enough extracurricular activities that go further into the subjects taught in regular classes. If a junior high student wants to learn more about a subject taken in class there are relatively few or no ways to do it. For example I am interested in the geological sciences but I have found that we hardly ever get any information on geology during science classes. Any information we do get is always very general and is almost always a repeat of things I already know.

Another example of this is creative writing. If a student was interested in creative writing they would likely have to join a journalism club or a school newspaper in order to effectively practise their writing skills. This lack of available information could discourage and frustrate students.

Although getting more specific information on a topic that we find interesting is difficult, we are subjected to a large amount of information that seems to have little relevance to what we will need to know after we finish school. This situation is increased in people who have a specific career in mind.

By the time they reach junior high, many students have decided on what line of work they are going to go into. Therefore, it may seem silly to them to continue learning other things. Thoughts like these could possibly lead to inattentiveness in classes that seem irrelevant. This inattention could conceivably lead to a drop in grades in these classes. This drop in grades could lower noticeably the averages of students who would otherwise get good marks.

Students who have made a choice as to their careers should be put in classes that teach the subject matter most relevant to their choice of occupation. For example, if only students planning to go into a certain branch of science were in a class, then that class could be given more specific information about that area.

Students who had not yet made specific career choices could still take the general classes. Students taking classes like specialized science or writing would still take the general classes for other areas, just not their specialty subject or subjects. Creating specialty classes for subjects like journalism, creative writing, branches of science or mathematics, time periods in history, different kinds of art or music, mechanics and carpentry would solve the problems caused by students being unable to get enough information about a topic they enjoy. Specialty classes would also help by encouraging students to develop their talents and better preparing them for their futures.

MY POINT OF VIEW ON THE EDUCATION IN THE NWT

NORMAN WELLS

A concern I have about education in the NWT is the problem of where to go when you finish the highest grade in which your community offers.

I believe it is a problem because it is very hard to decide where to go. I don't believe it is very fair for us to have to leave our home town and our family and friends to go for schooling. I realize that the students are offered to be sent to a high school closest to their community for free but I fear that isn't enough. Problems occur when being sent away from family and friends such as rebellious behaviour. I believe it should be a choice of the student whether to stay in their community and continue their education or to leave and continue their education in another community in the NWT. I realize that some people are more willing to leave their home than others to maybe get away from family or friends or just to be on their own but some of us as students would rather not have to move away from family and friends to continue their education.

Solutions to this problem, I believe might work are having the students being able to choose whether or not to go away to school. If they choose to go, having them being able to choose where in the NWT to go for their school and still have it paid for. If they want to stay, having the students being able to finish their education in their community by bringing more high schools into the different communities.

In conclusion I would like to say that I believe this is one of the problems in our education system in the NWT that I feel is an important one.

FORT SMITH

The problem with schooling farther south (Ft. Smith, Yellowknife and other communities past the tree line) is the languages taught.

I am a native Inuit student now living in Ft. Smith, N.W.T. I'm originally from Coppermine. To me and I'm sure many others in the same situation, our heritage means a lot. Forgetting our native tongue is very wrong, but what can we do about it. We are in a "white" school and taught in english.

The government has the funding to pay for a French or Cree class but they don't have the funding for an Inuktitut class. "Not enough students" is what I've always been told as to why there are no such classes into the tree line.

Families that move for long periods of time to further their education in colleges such as Thebacha Campus here in Fort Smith and their children attend school here have found it very hard. I know I was one of those children. It was very difficult to cope with not having to use your language in your studies. For example if child was to take French class and mix the two languages together and get punished for it even if he/she couldn't help it, it would be wrong.

A good solution to this problem would be to ask some of the Native women whose husbands attend classes to donate or even get paid (if the government would pay for a class) for a half hour a day. The children would have a better chance in a white society. This would help the children cope with such a big change.

Our language is a very important part of our heritage because it means whether or not it gets passed on to your children or your children's children. I think I finally understand what my granny meant by not forgetting.

I'm taking her advice but it is very hard to keep up without an Inuit teacher. We need our language in our studies, but where's the teacher.

ESKIMO POINT

In the north there aren't many native teachers, so we always have to get teachers from the south to teach us. It is very hard for us to adapt to the teachers. The teachers have a hard time adapting to the students. They usually mess up and go back home because it is too hard for them to teach any longer. I usually had English teachers so I used to have a hard time adapting to the teachers. I didn't know their ways as teachers and I always used to get into trouble. Only for one year they would stay, then leave. I have a teacher who has been here for two years and it is easier for me to have her as a teacher because I'm more used to her.

Teachers have different kinds of attitudes depending on where they live, sometimes there are very strict teachers and sometimes there are very nice teachers. I like very nice teachers because they let you do what you want. They don't give a lot of homework or detentions. My worst things are detentions. It is no fun staying in and sitting at a desk or table for a certain period of time. Strict teachers get mad too easy. They give you a lot of homework and detentions. I had one teacher when I was young and the teacher always used to snap at me and give me detentions. I used to like to kill her but after a couple of months I started to like her.

I have a real problem with fooling around. I never can control my fooling around. I get a lot of punishment from teachers. Even last year I got one week off sports for too much fooling around. I got a little bit better when my teacher did that to me. The ways I think I could stop are giving more punishments like last year. I think that is a good idea.

I had a friend who used to have a hard time getting along with white teachers. He always used to get confused and mad. He didn't know their ways of teaching so he always had fights and arguments with his teacher. He really never had a white teacher.

I don't know why he had a problem. I really didn't have a problem with the teacher, but sometimes I did. I guess we just weren't used to other people teaching us that we didn't see when we were young. I now know white teachers ways of teaching so I don't have any more problems.

ESKIMO POINT

In many schools second language is a problem. Many students who have spoken Inuktitut all their life, have trouble learning English. This causes students to have problems in school.

The problems students face are: communicating with students who have a different language, school work is harder to understand, if English is a second language, trouble getting a job in the future.

When I was in school I had trouble learning English, and found it very difficult to communicate. When a teacher was explaining a topic, I found it hard to understand the topic.

Most teachers who are from the south, find it easier for them to teach a southern kid, then a northern kid. Most northern students have to have things explained to them more precisely.

In the future when a Native applies for a job, and a non-Native applies for it too, the non-Native will probably have a better chance of getting the job, because the non-Native probably has a better academic field.

It would have been easier for many students to learn English if we had a bilingual teacher. Then she could explain to us in Inuktitut and English, I would have found learning easier. Another way to improve our English vocabulary is to watch educational television shows.

The reason English is important these days is to get a job. But to keep your native language is also important, to keep your culture alive.

MY EXPERIENCE GOING TO SCHOOL

IQALUIT

When I was going to High School it meant that I would have to move away from home to a place called Ukiivik residence, a place where students from all over Baffin go to for school.

On the day I first went there, I realized the residence was an old building, the air was dry, poor furniture and worst of all, the food was terrible.

When the day came for my first day in school, I was really nervous because I thought I would be going to the wrong classes because I've never been in school where there were so many classes, but I had nothing to worry about because our homeroom teacher got me a classmate to show my way around.

I wasn't really nervous about the students in this new school I was going to because most of my friends were already in school and they made sure students wouldn't try anything ridiculous with me.

I also had a hard time doing study hour in Ukiivik because I wasn't used to having homework and studying when there were other students in the same room. Couldn't help talking to other students and not concentrate on my homework and curfew was so hard for me to follow because I used to usually stay out late until early in the morning, and when I got to Ukiivik most of my life changed because of the rules of Ukiivik and I still have a problem with the curfew but I try and do my best in Ukiivik and it is my second year now and I'm used to Ukiivik residence and school.

COMPLETING GRADE NINE IN MY HOME TOWN

FORT LIARD

Doing what I've done has been really hard. It takes time and thinking to complete your work correctly. In grade eight there used to be about three or four of us. We used to ask how to do it between us. Now I am the only one in grade nine. My parents tried to convince me to go to Fort Simpson, but I said no. I didn't want to leave because I become home sick easy. I left home to do grade 7 when I was 13 years old. Now I want to complete my grade nine here in Fort Liard.

The problems I had so far are problems with my math the most. Doing grade nine level makes it hard with four other grades in your classroom. When my teacher helps me and once I know how to do it I move right along. The thing that gets to me the most is the noise. To complete my work in school it has to be quiet in the class I'm in. When the work gets hard and I need to think the class is always noisy and that makes things harder to do. When the work gets hard and students start to talk that's when I get confused. To be in the right mood for hard work it has to be quiet.

I never thought I would make it this high in school, that makes me proud of myself. To pass your grade to a higher grade you have to concentrate on your assignments, studying, and tests. When I get homework and it's hard, my parents help me to understand how to do it. Grade nine is harder than the grades you did before. To really understand you need to read the instructions or rules of the assignment. When you are doing your work don't look around or help someone else, you have to concentrate on your own.

THE VERY FIRST SEAL

SANIKILUAQ

If there is any one thing I will always remember it is the time I got my very first seal through a breathing hole.

After a long cold ride, it was finally my turn to hunt. You have to be fast, skillful and nearly silent getting off your snowmobile while getting your gaff, harpoon and rifle.

After checking the direction of the wind and the sun I got comfortable on the appropriate spot and firmly planted my feet on the snow and began to wait.

Waiting can't be anything but relaxing, my feet started to get so cold so I took my mind off the cold and watched the hole and listened intensely. When listening out there all by yourself out on the sea ice, you hear things that aren't making any noise and are not there, like the polar bear and the wolf and the tyrannosaurus rex all growling and hungry behind your back, I often scare myself this way.

Suddenly I hear something that exists, bubbles coming from the hole, I cock my rifle, I see more bubbles and a small nose, I slowly squeeze my trigger to avoid any noise, then!

It felt like an eternity before my bullet hit the seal and it would have been worth the wait, then bang! In a shower of ice and water I see something grey, at first I thought I missed it because the results weren't instant, then I see blood streaming through the slushy water. I marvelled at the sight of sea ice scarcely two inches thick still supporting a sled that weights almost 150 pounds and a snowmobile that weighs over 300 pounds.

Within two minutes my outdoors teacher came and helped me pull the seal out of the ice. By now my knees were very shaky. They were shaking because I was overwhelmed that I, all by myself, shot a seal through a breathing hole without one of my teachers checking to see if I was up to no good, and that's why I was also very proud of myself.

WHAT I THINK ABOUT HOW OUR SCHOOL IS TREATED

INUVIK

Students don't treat our school with the right respect as they should. We get everything free in our school - papers, pencils, notebooks and free use of the text books.

When I sit at a desk all you see are students' names carved into the surface of the desks. They also make holes on the sides of the desks with their compasses. The school gives us enough paper to write on, why should we write on the desks?

When I get a book from my teacher, there is writing on the cover and inside the book. There is a lot of remarks about other teachers and students. They throw their books around, let their little brothers and sisters colour in them, they even let their dogs chew on the sides. A lot of students lose their books and leave them just about anywhere. They write the answers in the books. I got a book in my Social Studies class and most of the chapter was missing, and there was black marks from a marker over most of the reading parts.

The washrooms are the best place to go to read who's going out with who or who hates who. The toilet seats are off of the toilets, there is a few seats that are broken in half. Most of the washrooms don't have doors in them. Before our Christmas

holidays on the bathroom door it said, "Miss Colinson is going to get married to Mr. Ried, I think they are a good couple." You would think that is anyone's business, but it is no one's business but theirs. Most of the locker doors are kicked in and some of them don't even have locker doors.

There is a lot of gum stuck under the desks and chairs, the desks are full of gum and candy bar wrappers. I don't know why they are there, there is a garbage pail to every class. They can put their gum on some tissue or on a piece of paper instead of in the desks.

If anyone who is smart they would realize that because of the vandalism the school rules are so strict. It can't pass judgement or blame anyone for these things because every one does these things. I know I have done a few of them myself. It is not something someone likes to see everyday get worse and worse. We spend a lot of our time in this school, so this is our school more than anyone else's. I think this school should be treated with some respect. A lot was put into the school for us and everyone to care for. There is going to be thousands of more students coming to our school, and I don't think they would like to see the shape it is in. To think about it, it could be our very own children who come to this school.

From now on, I am going to start caring for my school and so should everyone else.

EDUCATION

YELLOWKNIFE

Ever since elementary school I can remember wanting desperately to be in the enrichment class. I was allowed occasionally to go but never all the time. No one would tell me what I had to do to be accepted. When I got to the end of grade six, our teacher chose a few people to take an I.Q. test to see if they would take part in enrichment in Junior High. Although I was chosen, my mother, who doesn't believe that they are good for children, wouldn't let me take it.

In my opinion, enrichment should be a class that everyone can take part in. The reason they put it in the schools, to broaden our education, would not only benefit those in it, but everyone else also. Most of the people in enrichment are people that have good grades and are already interested in school. It's those who aren't living up to their full potential that would benefit most from the enrichment class.

So, although I support enrichment, even envy those who take it, I believe that some changes could be made to make it an even better program.

YELLOWKNIFE

Students have many problems in terms of schooling but most problems that students have generally originate out of school and become noticeable in school. They are usually dealt with through remedial programs which focus on what the students are expected to be able to do and therefore focus on what they cannot do, which in fact is segregating them because of their problem. Programs such as enrichment provides students deemed to be more intelligent with more interesting and stimulating programs because of the fact they focus on what they can do, their potential. It's not, in fact, the students who are intelligent who need these programs, but those who don't thrive on the regular system who need to become interested in what they are learning. Too many programs are geared into segregating students into different intellectual levels.

Activities such as a mock trial, which was part of my school's enrichment program, are something which I'm sure others would be interested in participating. It was an activity which was to introduce the judicial system. A mock trial was set up, the class was given information about the crime committed, then was to present the case in an actual court of law. This is just an example, but if this had been presented to a remedial class, I'm sure they would have benefitted even more.

YELLOWKNIFE

I found this topic hard to write about because, basically, I think our education system is fine. The only thing it lacks is a feeling of excitement or interest. Lessons tend not to be interested in the subjects they are teaching. Memorizing facts and answering questions all day doesn't make you want to learn. All the information you memorized is usually forgotten in a short period of time.

Instead of a dull atmosphere, school should be more energetic and fun, with a touch of humour.

You can't expect teachers to always make things exciting or always be funny. Whether or not school is interesting shouldn't just depend on a teacher's personality. One teacher I had was great. His room was filled with animals, skeletons and plants. The walls were covered with students' projects and there was always something different and interesting going on. He was a very dedicated teacher. He knew how to talk to students and get their interest. Everyone in his class wanted to learn more. I guess what was most important is that he was intrigued in what he was doing.

But there are many other things at school which could make it better. I think students

should have more opportunities to do projects, go on field trips, write compositions and work together in groups on labs or reports. Students need to be able to develop their own interests in school subjects.

I think pupils could come up with some ideas on how to make lessons more interesting. They could suggest ideas for projects and should take a more active part in school. If students were more involved and thought more about the subjects they were learning, school would be more interesting for them.

YELLOWKNIFE

Bad points about school. Are there any real bad points about school? No, it's just that people don't like it, or don't want to do anything about it, you know, just take it easy.

It's period one. Class should have started and our teacher hasn't arrived. No one has pulled out their books, we are just sitting around chatting. Then the teacher comes back and yells at us because our books aren't open and we're wasting his time. The rest of the period is spent talking about behaviour in class (we always get off topic in this class).

Period one has gone and we didn't do any work. Period two starts, today we did a little work, but spent most of our time "discussing answers". Behind the teachers back, we were really talking secretively about the upcoming dance. So the day goes on with piled on homework to do (because you were talking in class) and you and your friends had planned to go to the movies that night. Oh well, the homework can wait one night.

You go to the movies and have a great time with your friend. The movie lets out early and you come home only to find that pile of undone homework staring at you. You quickly cover the pile of books with your clothes and go to bed.

You're up early the next day, only because it's a Friday. It's a great day outside and you're glad to be alive. You got out of work in most of your classes and you wonder why your teachers don't make you shut up and work. Only one more period to go! The class was interrupted by the loudspeaker and your name was called. So you slowly walk down to the office, making all your detours, to only find your name on the detention list! An hour detention on a Friday!!

At this point you're thinking that half hour of homework might have paid off, or maybe working in class.

I learned all this the hard way and let me tell you it pays to do a little homework every night.

So that is what our school days are like!! Good or bad? Who knows.

YELLOWKNIFE

I know that a lot of people are going to be complaining about the school system. Yes, I am one of them and I, just as other students, am taking this opportunity to speak out against the flaws of our schools. The flaw that I choose to pick on is testing people to see how well they are doing, to make them memorize material or to see if they have grasped the information. This does not work as well as most people think.

I, for one, do way worse in a test situation than if I were to simply explain something to a fellow classmate. The words don't come out right, they get mixed up when I put them down on paper, or it takes five pages more than it should just because you can't remember the right word.

Memorizing doesn't help much either. I will study and study until I'm blue in the face, saying it over and over until it's in my head and I can say it without looking at the answers. Then comes the test.

"The first twenty elements on the periodic table of elements are: Hydrogen, Helium, Lithium, Beryllium, Boron or was that Chlorine, Carbon, Nitrogen, Oxygen, Fluorine, grrr, how do you spell that word" Oh! I forgot what the next element is. How could I? I made sure that I would remember it."

Or you memorize it and you get it all right on the test but you forget it in a week anyways.

Some possible ways of avoiding this are having several small quizzes after you have discussed major points. Oral testing may take a lot longer but it is easier on both teacher and student because you can get your mark right away. Giving tests in parts instead of all at once. This means that if you're sick or if you have had a bad day, you can easily make it up.

In conclusion, I would like to say that I don't want to abolish tests, just make them show what a person really knows.

YELLOWKNIFE

At the Student Council meeting we discussed new ideas to raise school spirit and money. At length we discarded all ideas but a few. After a lot of hard work we put together a proposal and presented it to the principal. After a time we received word that the School Board would not allow our plans to go ahead.

Time after time we tried to get permission, but the School Board stood firm, or so our principal said.

On my own, I wondered about the School Board. Who hired this mysterious council? Was there some way we could negotiate with them? Were their decisions written in cold stone? Who knows?

What I'm trying to say is - "Can Student Council bargain with the School Board on ideas?" Most students have no idea what the School Board is. I would like to know more information and have a copy of rules and regulations about what kind of things we can and cannot do.

YELLOWKNIFE

School has always seemed to be a highly overrated institution. Many people believe it to be a comfortable place to be educated, but they have obviously never entered a public washroom in twenty years and have forgotten the traumatic experience.

As you enter the washroom, a huge layer of smoke fills the air, since this is the only place you can be safe from teachers in a five kilometre radius. As a non-smoker, I choke loudly from the inhalation, but my journey has only begun. Large pieces of wet kleenex and toilet paper hang from the ceiling, dripping on the floor.

If you get a chance to use one of the few, select washroom stalls which are not being used, there is usually no toilet paper left, or there is one sheet hanging on. As I walk over to the sink I am sprayed by about one hundred different brands of hair spray or perfume.

When I finally squeeze my way into the sinks I notice all are out of order except for one and it has cold water which drips from the tap. As I reach for some paper towel, I notice there isn't any left. So I am forced to dry my hands on my pants.

Finally, I am finished my journey. So just as I am about to leave, wouldn't you know it, the bell rings and I am trampled by fifty of the fastest students in the school. I slowly get up and walk away for another day of my horrible experiences in the washroom, dreading the next time I must use it.

TEACHERS THAT TALK TOO MUCH!

YELLOWKNIFE

I've always enjoyed school, but there is one thing I cannot stand and that is a teacher that talks too much. School lasts long enough each day, but to walk into a classroom for 40 - 80 minutes, sit in uncomfortable chairs and have a teacher stand in front of you and talk non-stop about something of no significance to the course you're taking is a living nightmare.

I remember for a whole year in science, a teacher talked to us about the art of making igloos, his travels in Africa and how his daughter was doing in Math. Does this have anything to do with Science?

The worst thing about this problem is that they assign the homework at the end of the class which means you have to do it at home. Once you do get home and try

to do it, you can't because you never discussed it in class.

It's always nice to hear about your teacher's lives, but there is a time and place for everything.

Don't get me wrong, the ones that do talk about their personal lives are not the worst. It's the teachers that talk non-stop about the subject you're doing, but won't let you get a word in edge-wise. When this happens, you get bored very quickly. So automatically the whole class goes into a daze of blank faces and folded hands, just sitting there in a daydream pretending to listen.

To improve this situation, I feel teachers should give out the homework at the beginning of class and wait for students to come up and ask for help.

YELLOWKNIFE

Through my experiences so far in my life, one experience has remained and will remain with me forever. Although it did not happen in school, it did affect my school work and school life. For seven of my sixteen years, I was sexually abused by my father. I didn't tell anyone because I didn't know I could. I didn't think anyone was there to help and I backed myself into a dark corner.

This is my concern about education in the north. I am only one of many people who are experiencing or have experienced someone close to them, that they trust, abusing them. What frustrates me is that people are afraid to talk about it. As far as I know, it is not in the curriculum in any school in the North.

Some schools may have a course now and then, but it is also not compulsory. The parents decide if they want their children in a course about sexual abuse, incest, molestation. Most people think any child brought into Kindergarten should be taught where their private parts are and how to say no if someone tries to touch them. They also need to know that someone is there to help them and care for them. This subject is just not opened up enough. I would like to see all schools open up a program of some sort. I know people who think it doesn't happen and I know people who don't want it to happen, but it does. One out of three girls and two out of five boys are sexually abused by their parents, relatives or close friends. If these people knew that a course on sexual abuse, incest, molestation was being taught in the beginning of school, it probably wouldn't happen. And if it did, at least the child would know someone was there to help them. It would be nice to know that some kid out there doesn't have to go through what I did. Just to know someone that is there to help them makes a big difference.

Sometimes I think I am over what happened but I always remember the pain in my heart and the confusion in my head. These feelings make me want to reach out to kids and help them before it's too late, to open up before it gets too far.

I know I have recovered pretty well, but some other kid may not be so lucky. She/he may never tell, because they don't know they can. They will never know until we tell them.

That is why I want a program in the north opened up. You may have been too late for me, but together, we can help other kids and show them that there is a future.

ACTING IS ANOTHER WORD FOR HUMILIATION

YELLOWKNIFE

I hate many aspects of school, but the thing I despise the most is the fact that some schools have drama clubs. Back in elementary school I had what you can call a pretty humiliating experience dealing with acting.

I was in fourth grade when I acted in my first and last Christmas concert. I was acting the part of a fairy godmother who granted a wish on a poor child.

For my costume, I was equipped with a wand on top of which held a silver star and I wore a white gown. When I finally had to play my role, I walked onto the stage and waved my wand over the poor little girl's head while saying something like, "Your wish will now come true."

I was about to continue when it happened. My silver star, which was supposedly fastened to the tip of my wand, lost its position and landed on someone's lap in the first row. All I could hear from then on were the peals of laughter which were all directed at me. My face must have turned seven shades of red as I got off the stage to retrieve the star, my star. I didn't intend to extend my humiliation any further by leaving in tears, so I returned to my position on stage and continued on with my part.

As soon as the concert was over, I ran off the stage and replaced my costume with my regular clothing and started crying afterwards. All I could remember after that incident was begin comforted by my mother and leaving school with a tear streaked face. Today, I can look back at my past acting experience and laugh with those who can't forget it either.

A suggestion for improving the drama club problem is by removing them from all schools and leaving it for the Hollywood producers and directors to worry about.

CUT AND DROPPED

FORT SMITH

I am a grade 9 student and have a passable average. School for me is O.K. but is quite dull, it lacks any kind of appeal, although there was one class which I was always fond of.

In that particular class, I learned a lot. I found that a lot of the things I learned in that class I could go home and use any day. This class was Home Economics. I learned how to cook big dinners, small meals, snacks and desserts. This year I would've learned probably how to sew and make my own clothing.

If you haven't noticed already, I'm using past tense. The reason for this is that this class was cut. I understand that the reason for this is because there aren't enough students so they had to cut some of the teachers, but this isn't the only class that they cut. Think about it, if there were more classes like Home Economics, maybe the students would be more interested in coming to school. The more classes that are cut, the more students will drop out. That's the way I feel. Maybe something will be done about it. I sure hope so. Something has to be done about the lack of interest in schooling. If there's 200 people less in the school than 3 years ago, how many people will be going to school in another 3 years?

POSITIVE ASPECTS OF EDUCATION

COPPERMINE

One aspect of my experience of school which I've found very helpful are the extra-curricular activities that the school provides. These activities let you have a chance maybe to let you experience something that you haven't tried before. Outside activities are very assistive to students because they learn new things that they haven't encountered. Therefore, they will have a glorious time looking back at it.

An extra-curricular activity that our school provides is trips. The trips take the children through a wonderful journey by teaching them new things about that particular place that they travelled to. It also teaches them a culture/lifestyle that may be quite different from theirs.

The trips that the students took were the trips to Expo '86 which was in Vancouver and the China trip. The reason the students went to China is that there was a theory that some people believe that the Chinese travelled from China over the Bering Strait and came here to Canada. In 1987, twelve students went to China and we all found it very interesting. It was quite fascinating because we learned that we did have some similarities with the Chinese. I guess that what I liked best about the trip was the places that we'd been to and the food we ate.

I found it really interesting to undergo the journey because I had only heard and read about China. I think that it is better to experience or to travel to a place than to just hear or read about it.

The activities have helped the students learn new things and that's one positive thing about it. Therefore, the teachers were doing their bit by suggesting the trips and the pupils did their bit by learning new things.

The extra-curricular activities have helped me by teaching me new things which I didn't know about. So, the trips were wonderful experiences and I will cherish them forever.

CULTURAL INCLUSION

CAMBRIDGE BAY

I find the Cultural Inclusion Program in our school rewarding and helpful.

The Cultural Inclusion Program is based on what our parents or grandparents did when they were younger.

In our school, the things we do are: sewing, scraping skins, hunting, ice-fishing and fox trapping.

Our sewing instructor taught girls to cut up and sew our duffles, mittens, slippers, kamiks and a few more other things. She also taught us how to cut up foxes, seals and showed us how to hang them up to dry.

Our trapping and ice-fishing instructor takes some students out onto the land once a week to check the traps or nets. When there is a fox in the trap, if it is still alive, he takes a stick and hits the fox over the head as hard as he can. Then, after that he opens the trap, takes the fox's foot out and places the body in the box which we placed on the back of the sled before we left town. Then he puts the open trap back in place and covers it with soft snow and puts a piece of frozen fish right in front of the hidden trap. When we get back into town the same day, we cut the skin off the fox and place the fur inside out so the inside can dry up. When it is dry, we turn the fur back and put flour on the fur to make the fur whiter and run a comb through the fur to soften it out.

When we catch fish from ice-fishing or from the nets, we clean out the stomach and cut up the fish then place it in the freezer. We use the frozen fish when there is something happening at our school such as the concert, open house or a feast.

Once in a long while the instructor takes the guys out for the weekend to go caribou hunting. When they come back we use the skin for kamiks, but first of all we have to scrape the skin with scrapers.

I have one suggestion that may be helpful in our school is that don't stop the Cultural Inclusion Program in order to keep the students interested in the old way of life.

I find the Cultural Inclusion Program rewarding because it helps we students get a better chance to see how the old way of life was.

EDUCATION IN THE N.W.T. - NEGATIVE

AKLAVIK

I think that it's negative not to have Inuit or Loucheaux Language classes for Jr. High because what if parents or grandparents want their teenagers to learn their language they grew up with?

What if grandparents don't know English and their grandchildren don't understand

them? They'd be curious to know what they're saying to them. The grandchild wouldn't know how to reply. A lot of people from around my community try to talk to me in Loucheaux, but I don't understand them. I get really annoyed because I never learned Loucheaux.

My grandfather, Tom Ross Sr. talks Loucheaux to me all the time and I have to find out what he's saying to me from my aunties.

I think that having no Language classes will effect my future by not knowing how to talk Loucheaux and if I want a bilingual job I couldn't get one because I only know English. I would improve the situation by having Inuit or Loucheaux teachers for the older students of Moose Kerr School.

ESKIMO POINT

The Qitiqliq School runs a student council from grade seven to grade ten. It started when Shirley Tagalik asked some students to run it. They agreed and it now runs steadily.

We hold activities for the students such as dances, parties and lots of other things. The dances are usually every second Friday or on special occasions such as Valentine's day. The admission cost is a dollar and snacks are available. We also run a breakfast club which is a store that opens at 8:30 each morning. The Student Council usually holds floor hockey for the boys on Tuesdays, girl's volleyball on Wednesdays and mixed basketball on Fridays. The Student Council is also planning an exchange trip to British Columbia in April.

I think the Student Council is very good for the Qitiqliq School students. It helps us learn a lot and kills time for the students that have nothing to do. It also encourages students to go to school and make it a more enjoyable place.

If the Student Council had a little place it would help a lot! We would have games, dartboards, a store and all kinds of tournaments. Each night the students would have a study hall which would help students pass grades. I'm working on trying to get an old storage house, renovate it and use it for the students only. Wish me luck!

FORT SIMPSON

To me there is only one problem in this school. That is the grades only go up as far as 10. This presents many problems to the school. For one thing, all students that have gone as far as they can in Thomas Simpson School (as far as grade 10) have to leave their home and go to a high school in Yellowknife.

For most students this is the first time they have lived away from home and some times the hostel is not the nicest place to live. It's hard for most students being away

from their family and friends for the first time, not knowing any one. Some people can't handle it. They don't do well in the high school, they get in trouble for lots of stuff.

Another problem, but one that is not as serious as the first one, is the sports program in this school. Each year students participate in sports programs in the school, basketball, track and field, badminton etc. Each year they improve and each year we lose our best athletes to the high schools in Yellowknife. There is no way the school can build a strong sports program under these conditions.

This year, the school will lose six people to Yellowknife. Two of them are part of the sports program. Next year will be my last year in this school. If every one in my class passes, the school will lose fifteen students. The sports program will lose six people.

This is the way I look at the problem at T.S.S. The only way to solve it is to build a high school in Simpson and I think that should be done soon. Simpson needs a high school more than a new sports complex (which they're building now). The students would probably get more out of a high school than a sports complex.

THE AFFECT OF POOR ATTENDANCE IN A CLASS

TUKTOYAKTUK

The attendance of students is as important as the teacher teaching the students the right subjects. The good attenders are learning all they need to learn and more. The non-attenders, who attend now and then are being left behind. This affects the whole class in many ways. It also creates a negative view point of school for the non-attenders.

The non-attenders begin to act up in the class, such as talking back to the teacher in a sarcastic manner. The get into a lot of trouble for this behaviour. They create a bad attitude towards school and school work. The class mates are disturbed by this because the "bad" student talks to them and interrupts them while working. Therefore, the teacher has to be more strict with the disruptive student.

The non-attender bugs people when they are working, especially their friends. The non-attender thinks the work is boring. When the class is asked to work on an essay about a certain topic, the student says it's boring and gets carried away with it. He gets into trouble and tells the teacher to watch the other students too, not just him. The teacher says they do it only once in a while, but they get their work done. This is one situation which makes the student really angry, angry enough to want to miss school. The teachers are trying to find a way to make their non-attenders like school so they would attend more often.

They found a lot of ways to solve this problem. Some ways are to make learning more exciting and interesting. The teacher can let the students use the computers to learn and help them write essays that are more organized, to do work that they like and get it at their grade level so they won't think they are slow learners. The teachers should get the students to apply themselves more in areas which they are

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weak in. If the student acts up in the class, talk with them. Ask why they do the things they do. Meet them half way and compromise. When you come to an agreement, set the standards and rules.

In conclusion, the problem of poor attendance should be taken as top priority in all schools. Why, if the schools didn't, the school would be empty. I end my master piece of writing with a question for all who are finished school; did you care about the students who rarely showed up or just thought they were lucky?

TUKTOYAKTUK

I am concerned about the influence of older children on younger ones in schools. First, we have to realize that there is a problem, then we have to try to do something about it.

Young children tend to look up to older children and doing this they pick up many bad habits which can be quite harmful. They learn how to swear, fight and show disrespect for their elders just from watching students older than themselves. They also are shown that smoking is cool and if you want to fit in you've got to do it from the older students.

I am a sensitive person and this really bothers me. It hurts me when I see a seven-year-old smoking or when an eleven year old asks me for a match. It hurts me to see children in grade one or two swearing and to see children showing disrespect to their elders. It hurts me because I have a ten year old sister and a seven year old brother and I don't want them to have these bad habits.

I am a grade nine student and I always try my best to be a good influence on younger children. I do not smoke nor do I want to, I do not drink alcohol, nor do I want to, I do not swear, I do not fight and I always try to show respect for my elders, teachers and parents.

I hope that people my age and other ages will realize the problem of bad influences and try to do something about it, whether they have younger brothers and sisters or not. I hope that others like me will change their lifestyles in order to be a good influence.

FORT GOOD HOPE

During the grade nine year the students get many reports and essays to write. Some of these papers are not up to standards because the library does not have the proper books they need to complete these assignments.

The books in the library have been here for a number of years and they are now out

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dated and they don't have the most recent information included. Some books have a lot of facts we can use but they need to be updated.

Discoveries are being made everyday. We need to find out these discoveries for ourselves so we can learn more about the world and how everything runs. We cannot do this without the books we need.

Last year the teachers of our school ordered a bunch of books but these were all novels. This is good because students need to read more but we still need resource books to help us through the school year.

The newest books the school has are a set of Encyclopedias dated 1985 and the Canadian Encyclopedias dated 1985 also. Some of the books we need are here but they don't have all the facts on that particular subject.

In all our subjects we have to cover certain areas and we cannot explore them to the fullest without the books we so desperately need.

OUR LANGUAGE, MY CONCERN

HOLMAN

My concern is the disregard for using our native language, especially among our older students. The Kindergarten and grades 1 and 2 classes are taught Eskimo, on the other hand the older students, for instance, the grade 8 and 9 classes aren't.

The last time I remember being taught Eskimo was when I was in grade 5 or 6. That was over 3 years ago. I never really thought that my language was important or even interesting. I never did well in that class and I never looked forward to it. I barely spoke a few words of it and never understood it. I always labelled Eskimo class as being boring, hard to understand, unimportant and very difficult.

Our teacher tried getting me to speak Eskimo, it wasn't very successful. I really had no idea of how many other classes had Eskimo taught. After awhile we stopped having Eskimo classes. Then I didn't know how important it is to be able to speak our Eskimo language. During my junior high school years I went without learning any of my language. What I did know I have now forgotten. Why aren't the older students taught Eskimo? Our language is essential in maintaining our culture. When we weren't taught Eskimo I thought it wasn't important and I understand it is now. The kids, if they are not taught Eskimo, will think of it as being worthless to know the language. They will go through school not knowing the language, then later finding out their language's importance.

We may go through life never knowing how to speak our native tongue, not keeping our language alive, unable to communicate with elders who don't speak English. Should we go through that? Must we? We really shouldn't.

What are some of the reasons for us not learning our Eskimo language? Some may be the teacher isn't qualified to teach Eskimo, there isn't anyone to teach them or aren't enough Eskimo teachers, there isn't any materials for the teacher to use or

there isn't enough money to hire teachers or to buy materials.

The government should try and put money away for a language program. Some people should be hired to teach all grades Eskimo. There should be materials, for example, textbooks only on Eskimo. Possibly we could ask an adult to teach or an elder for a small amount of money. I have seen Eskimo dictionaries before with the words both in English and Eskimo. Those might be a good idea to distribute them among students. Perhaps our local L.E.A. can raise some money for a language program.

Whatever choice we make to get a language program we need one soon. Our language is as important as knowing how to speak French or spell.

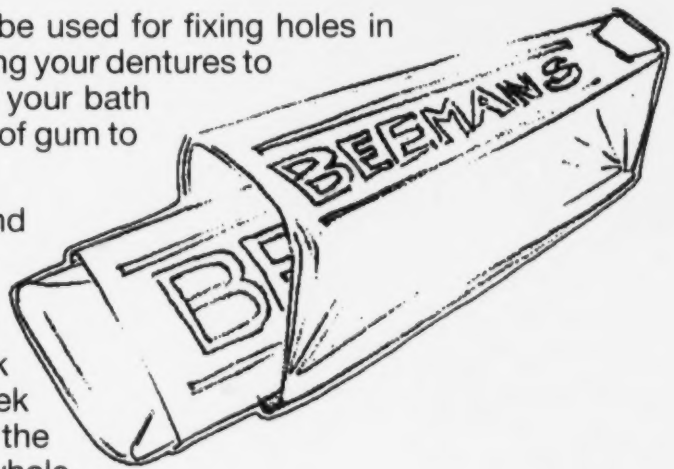
GUM, ONE OF THE GREATEST INVENTIONS OF THE 20TH CENTURY

YELLOWKNIFE

Chewing gum is often stereotyped as having only one use, "CHEWING", but I want to tell you some other things you can do with this amazing substance.

Don't you hate it when the sole of your shoe unglues and flops back and forth when you walk? You can stop that by using one piece of chewing gum and putting it on the bottom of your shoe. Also, you can use gum for catching flies. Just blow a big bubble and when the little pest flies by he'll smell the sugar and land on the gum and you've got him. The only thing wrong with this use for gum is after you catch the fly you must throw your gum away.

Chewing gum can also be used for fixing holes in your rubber boots, sticking your dentures to your gums or if you lost your bath plug, you can use a wad of gum to plug the hole.



Planning a big speech and your afraid your mouth will get tired? Don't fret, gum can help you with that too. Just chew a pack of gum every hour a week before your speech and the you'll be able to read the whole Constitution out loud.

These are just a few ideas for chewing gum, most of the rest are not too practical. So remember, whenever you're in a jam, ask yourself, "Can chewing gum solve the problem?

BELIEVE IT OR NOT BUT THERE ARE A LOT OF USES FOR BUBBLE GUM!

SACHS HARBOUR

For all you long haired people out there, bubble gum can be used as an elastic. Bubble gum now comes in a variety of new colours. Dazzling Purple, Stunning Pink and Glowing Green. Bubblicious works best for holding hair in place. Only apply the bubble gum to your hair if you want the same hair style forever! Please note, bubble gum will not come out of hair!

If you have a naughty child who keeps taking off his mittens, chew Bazooka gum for approximately ten minutes. After you have finished chewing, stick a blob in each side of his thumb holes. Please make sure you apply the gum at the beginning of winter or the child will have to go through the summer wearing mittens!

Bubble gum can also be used as a bookmark. I find that Freshen-Up works best for this. Just chew the gum for one minute, make sure it's nice and sticky. Then you put it on the page where you left off. Make sure you stick it on the paragraph which you've already read because when you pry the gum off the page, there will be a few words missing!

If you have a problem such as your socks keep rolling down because your legs are too skinny, just stick Wrigley's Gum to your legs and press your socks on to the gum. I guarantee you won't have that old problem again!

When you're doing art, instead of using glue, use a variety of gum. You can make all sorts of designs, you won't have that problem of trying to get the glue out of the bottle!

HOCKEY GUM

BAKER LAKE

Hockey players chew gum to prevent getting thirsty. If they drink too much water, it'll slow them down.

You could also use chewing gum to hold the hockey equipment together, eg - like the shin guards, put a blob of chewing gum in the shin guards and stick it onto your sweat pants or your skin.

Also, put some on your hair and put the helmet on. Add some to the hockey gloves to keep them from falling off (that is if they are too big) and if you have no garter belt to hold up the stockings, replace the garter belt with chewing gum, or if you don't know how to stick handle the puck and you loose the puck ever time you have a chance to make a breakaway, just simply add some chewing gum on the blade of the hockey stick an it'll be much easier, all you have to do is skate to the opponents net and let your hockey stick slide into the net, let your stick hit the goalpost to let the puck loose and get your stick out of the net and you scored!

For the goalie, you could just stick some on the glove and if someone did a flip-shot to score, the goalie could just use the glove and the puck won't fall out and let the opponent's team score.

If you really want the Referee to get mad, or you don't want him to blow the whistle and slow the game down, put chewing gum inside the whistle and if he tries to blow the whistle, he'll be blowing a bubble instead.

There is still a linesman who would be calling offsides etc. and he would certainly slow down the game, but still that's no problem. If you have some chewing gum, stick the chewing gum onto the blades of both skates belonging to the linesman and once he's on the ice, he won't be able to move, that means he won't be able to clearly watch the game.

Captains are a pain in the neck once they start to complain, the only way to stop them is by sticking gum to their lips and seal them tightly together, that would shut them up for awhile.

If you want to play the whole game without substitutes going on, just put chewing gum where they sit on the bench, and that'll hold them for the whole game, stuck on the bench.

Chewing gum has a lot of uses, even more. So it might become an important part of our life someday.

YELLOWKNIFE

Although many people view chewing gum as simply a flavoured blob of goo that is good to chew until it's flavourless, then dispose of it, chewing gum can be an excellent tool to an imaginative person. Here is an informal essay with suggestions of some of its uses.

For one thing, I myself and I'm sure many other people have had the problem of lint all over otherwise clean clothes. The problem can be easily remedied by stretching out a piece of freshly chewed gum and patting it over linty areas. It will pick up all the lint and the moisture will quickly evaporate off the clothing.

If your parents own their house, they may not want you using thumb tacks to pin up your favourite posters because they leave holes in the walls. The problem can be resolved, but may take a lot of gum, depending upon how many posters you have. Place chunks of well chewed gum in the corners of the back of your posters and stick them to the walls. The posters should hold without leaving any holes.

Another use that is on a pretty big scale is to keep your house warm. Instead of paying a lot of money for caulking to seal windows and floors, buy lots of bubble gum and elect a chewing committee to chew all the gum soft. Once at the gum is sufficiently chewed, stretch it out and press it firmly into the cracks along window frames etc. Afterwards, the gum will probably cement into a hard seal and you have a good insulator to keep out drafts (of course you may find twice as many dead houseflies on the window sill!)

For the forgetful girl or woman who easily looses things, gum can come in handy in a couple of ways. if, for example, the back piece of your favourite earring is lost and you need to wear the earrings, place a small piece of gum in back of your ear lobe to secure the earring. Also, if you discover you have lost the earring in a drain or similar spot that can't be reached, you use gum. By taking a long stick (or something similar) with an ample wad of gum stuck to the end and lowering it to the earring you can retrieve it by pressing until the earring is firmly embedded in the gum and pulling it out. This method also could be applied to rings etc.

In an emergency, gum could be used too. If you are on your way to a very important meeting of sorts and the heel of your shoe breaks, no need to panic. Taking an ample amount of chewing gum out and chewing it until a desired shape is reached, "glue" the heel back on with it and blow dry it hard quickly. The gum should hold as a temporary solution until further repairs can be made.

These are just a few of the things a simple wad of chewing gum can be used for. Of course, choosing the right gum is an important factor. If you are a chewing gum user enthusiast, I recommend the large chunks of bubble gum for a maximum effect. It can be borrowed from a friend or purchased at any convenience store.

So the next time you discover a hunk of gum under your shoe, remember this little lesson and that earring you can't get at, or those drafty windows, or.....Fin!

SACHS HARBOUR

When I went on my hunting trip with my dad and a close relative of mine, I though nothing could go wrong. We had enough gas for our ski-doos, or we thought we did. This was the first time we went without our tent and supplies. The caribou were somewhere around thirty to forty miles from Sachs Harbour and with two ski-doos what could go wrong?

We began to put on our parkas, mitts and winter pants and start off with our ski-doos towards the tundra. We drove for a couple of hours and took a look around for caribou whenever we stopped. We met up with some hunters and they told us where to find the caribou.

As we travelled in the direction of the caribou, we saw a muskox. The muskox had long black hair and a perfect set of horns. I asked my dad and my cousin Frederick Raddi if we were going to shoot the muskox. My dad said, "We'll get muskox later if we have room enough in the sled." We took one last look for the caribou and Frederick began to get very excited. He spotted three caribou on top of a hill. I jumped on the sled and my dad told me to get the guns ready. We loaded our guns and began the chase.

As we started the chase, the caribou began to run very fast and they began to run further and further away. Frederick ran out of gas and we had to stop the chase. We headed home.

On our way home we saw two caribou with perfect fur coats and beautiful horns in a creek. Frederick and I went toward the caribou and we got both with three shots. The caribou were three hundred yards away and I was surprised that they both dropped. On our way home my dad's ski-doo ski broke and we had to leave it. We had one ski-doo and not much gas. We had a heavy load and we didn't know if we could make it. We brought our guns and the meat and left our gear with the ski-doo and sled. We had too heavy of a load and we began to lose a lot of gas from the spinning of the track. We were ten miles from town and the ski-doo ran out of gas. We had no choice but to walk home. I was hoping my dad would make it because he had a bad cough. Frederick ran towards town to bring help.

My dad and I had a long struggling walk and we stopped every hundred yards or more.

As we walked over a hill we finally saw the lights of Sachs Harbour glittering in the darkness, yet far away. We saw a fuzzy object moving in front of us and we yelled for help. The shadow moved very slow and looked very weak. As we got closer I knew it was Frederick. He told us he had fallen asleep and when he awoke he felt very sick. I ran towards town as fast as I could to get help myself. I reached Sachs Harbour late that night. I finally got help and we drove for fifteen minutes. We found them laying on the ground. As we brought them home they looked tired, yet very happy and thankful. My dad told me that night, "Let this be a lesson to you so you won't forget to take a tent and your equipment."

THE BEST PLANS CAN GO WRONG

PINE POINT

A long time ago when I was just a small, little baby, my family was going out of town for the weekend to see relatives of ours. My mom was very busy running around checking on everything and making sure that my sisters were almost ready to leave. My dad was outside making repairs on the car. Finally, we were about to leave and my mom bundled me up in my snowsuit and booties and laid me down on the couch to bring the bags to the door. Everybody was in the car and my dad was honking the horn for my mom to hurry up. My mom and dad were so excited to go that they left me there on the couch by myself.

My mom told me that they had been driving for about an hour and a half when my dad asked where I was. My mom asked him if he had brought me out and my dad said, "No, I thought that you brought her." My mom turned around and checked the back seat for me and asked my sisters if they had seen me. My parents were frantic and they stopped the car. My dad turned the car around and headed back towards home. My mom told me that he never drove that fast in his life before.

My parents soon returned and rushed in the house. I was still laying there as helpless as could be. My mom picked up the phone and phoned my aunt to tell her that we would be late but that she would explain to her when we got there. My mom then picked me up and walked on out to the car. We finally got to the city but it was a lot later than planned. My mom told my aunt all about it. Later on they all sat around and laughed about it. My parents ended up having a good time but I sure wasn't left behind any more.

YELLOWKNIFE

Even the most carefully thought out and prepared plans always have some kind of loose end or problem. The results can be very disappointing. I know because this is what happened to me. It all started when my friends and I overlooked a small detail in planning a surprise party for a friend.

A few of us, including myself, were chosen to arrange the party and make sure everything was taken care of. We wanted it to be extra special because our best friend, Sheri, was turning sweet 16. Of course, no one was going to ruin the surprise and tell her about the party and this is where our problem began.

After thinking carefully and looking over the possibilities, we made a list of everything necessary, such as refreshments, snacks, music and decorations. We decided who would take care of what and that the best place for the party was Anita's. This was perfect, because she was the only one with enough room, no bratty brothers or sisters and her mother was understanding.

Once that had been completed we wrote out invitations to all of Sheri's best friends. We examined each one carefully making sure they had the occasion, date, time and location of the party. After leaving the letters enough time to arrive at the guests' homes, we phoned them to see if they could make it.

Besides the presents we had bought Sheri, we made her a birthday cake. We decorated it with many colours and wrote the words "Happy Sweet 16th" in pink across the top. Anita's mom also suggested that she should make a special meal for Sheri and her closest friends which we could have after the party. Everybody happily agreed with that.

The day of the party finally came and we thought we were ready. All the guests had arrived on time, which we thought was amazing. We waited impatiently for Sheri to arrive. Suddenly we realized that through our fight to keep ourselves from telling Sheri about the surprise we had forgotten to invite her altogether.

After feeling disappointed we laughed at our own stupidity. By this time it was too late to fix it because Sheri was not home. The party was ruined! All our time and energy had been wasted. I bet this will be the last time we ever forget to invite the centre of attraction.

IQALUIT

Have you ever been in a situation where you know you didn't do anything really wrong, but your father thinks you've done something unexplainable? Well this is a story that follows those guidelines. But before I begin, I must explain that my father is really big on punctuality. I mean if you are ten minutes late it's "Twenty Question" time and any later than that and you may see heads roll. Now that I've cleared that up, on with the story.

It was Saturday night and the boys and I were just on the way home from our weekly badminton session. Henry, Richard and Derek had just left our big group, so now only Tommy, Frank and myself remained to walk the rest of the way. My house is first along Tommy's way home and Frank was walking with us for lack of anything better to do. The boys were about to drop me off when I decided since it was pretty early I would walk Tommy home, then go home myself. So I stuck my head in the door, and told Dad that I'd be back in twenty minutes. By this time it was ten thirty P.M.

Frank and I dropped Tommy off, then headed back to my place. It had only been five minutes since we had dropped Tommy off, so I asked Frank if he wanted to walk around a bit. He agreed, so we set off to walk the ring road. I looked at my watch, and it read ten forty, so we had ten minutes.

When we had finished going around again, I looked at my watch. Now, my watch doesn't have a light and it was dark out. I told Frank,

"That seemed like twenty minutes and it only took five!"

"Let's go around again then?" Frank asked. Not knowing that we were already fifteen minutes late, because the walk had taken twenty-five minutes, I agreed to go.

This time, it took us thirty minutes to go around. The same as the first time, I looked at my watch. Only this time, we were under a street light.

"Oh no!" I said going slightly pale, "I'm forty-five minutes late! I'm dead for sure!"

"Don't worry about it," Frank replied in a cool voice. "It was only a mix up, your dad will understand."

"I doubt it," I said dubiously.

Just then I turned around to see a red truck. Can you guess who it was? You were right, my father. Boy, was he upset.

"It's alright," I said.

"No, it's not alright," he replied through clenched teeth. "Get in, both of you."

Frank got in the back seat and I in the front. First Dad drove Frank home and them we went home ourselves. Dad didn't say a word during the whole trip.

When Dad calmed down a bit he made me understand that he wasn't upset because I was out with Frank, but because I was so late. I am usually very punctual so I got off easy - just a slight reprimand.

I was embarrassed and slightly humiliated when it happened, but now I look back upon the incident and laugh. This proves that even "The Best Plans Can Go Wrong"!

YELLOWKNIFE

It started out like a normal holiday. Everything was packed, I had my Walkman, there was food and everyone was anxious to start the fourteen hour drive to our grandparent's house. Because we got out on the road at about 7:00 A.M. I decided to take a nap for a couple of hours.

When I woke up it was hot and dusty. We were half way between Yellowknife and the turn off to Fort Providence. I read a book for a couple of hours, then it happened.

We had just come around a corner when I felt the truck start to lose speed. When the truck came to a halt my dad went to go look under the hood to see if he could find out the cause of this. He came back and said he couldn't find anything wrong. So he tried to start the truck again. He tried several times, but it still wouldn't start. My dad then grabbed his jacket and started hitch hiking to a gas station that was near the ferry. My mother, two brothers and I sat in the camper waiting for him to get back.

We played cards until he came back with a tow truck. The tow truck towed us back to the gas station, where my dad had found a mechanic. The mechanic looked at the truck and said it was the starting box, fuel pump and a few other things. Since the gas station had no parts for our truck, my dad said he would go to Hay River with a truck driver. Late the next night, after we spent the day killing mosquitoes and boiling in the heat, my dad came back. He looked very tired because he had walked most of the way back before anyone gave him a ride. The important thing though was that he got all the parts.

The next day the mechanic put in all the new parts. When the mechanic was finished my dad paid him and then went to go start the truck; it started. The family piled in and away we went. We made it across on the ferry with no trouble, but after going about five miles the truck lost speed and wouldn't start again. This got my dad very mad. He got out of the truck and started walking to another gas station that was a few miles up the road. An hour later he came back with a tow truck that towed us to the gas station. From there my dad unhitched the camper and asked the man who drove the tow truck if he could tow our truck all the way to Hay River. The man agreed to do it. For the next day and a half we spent our time doing nothing until my dad came back.

When he came back the truck was in perfect running condition. My dad said that after spending over $2,000 on parts and being towed around that the only problem was a little magnet thing inside the motor had broken and it only cost about $20 or so.

Well, after all that the holiday got a lot better. We spent our weeks visiting relatives. I'm glad to say that when we got back home we got rid of that old truck and bought a new van. Hopefully we will never have engine trouble again.

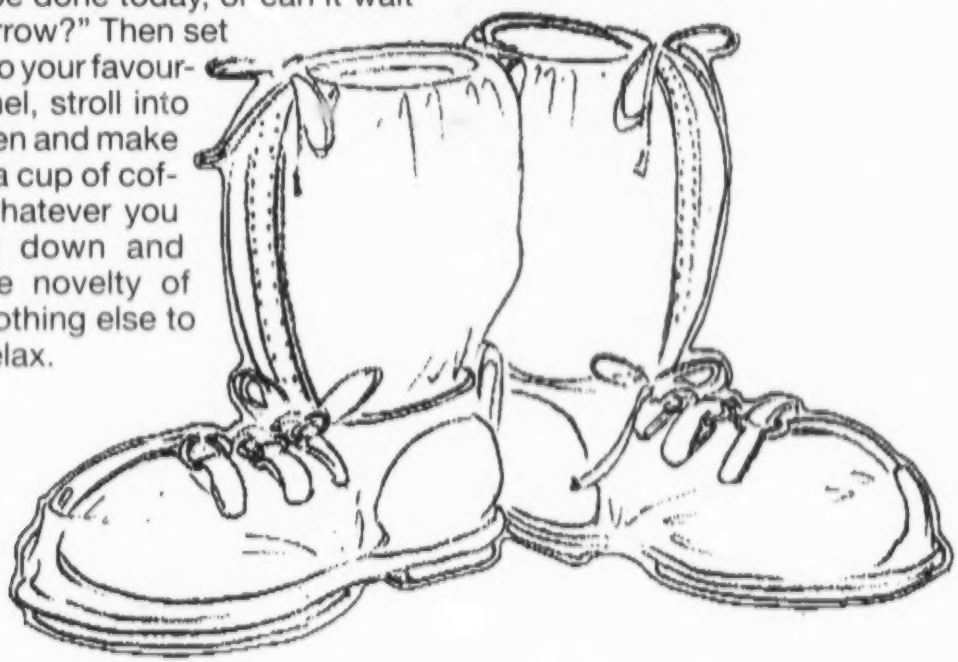
BEST WAYS TO KEEP WARM

INUVIK

Sometimes I really don't think that teenagers know the meaning of "winter". Some are worse than others for the way that they dress. If you're walking down the street and it's really cold out, the teenagers might have their jackets done up, but they are still wearing running shoes and ski-jackets. Girls are the worst people to try to get to dress warmly because they won't wear hats (it will mess up their hair) and they won't wear winter boots because they either look funny or nobody else wears them.

On the days where it is cool (but not unbearable), bundle up and face the weather. Now that you're outside, start walking to your destination. Remember, the faster you walk, the warmer you will be. If you get cold and wimp out, stop somewhere else first.

There is a better way to keep warm in winter, all that you have to do is stay inside. If you have an errand to run, just ask yourself, "Does it really have to be done today, or can it wait for tomorrow?" Then set your T.V to your favourite channel, stroll into the kitchen and make yourself a cup of coffee (or whatever you like). Sit down and enjoy the novelty of having nothing else to do but relax.



IQALUIT

If you're planning to go out ski-dooing around or hunting, the best way to keep warm is wear good clothing. Make sure you bring extra seal skin mitts, socks and other stuff. If your ski-doo breaks down and the weather gets bad the best way to keep warm is walk around near you machine. If you happen to bring a large knife, make an igloo that is big enough for you. Don't try to walk home if you don't know where it is. If you think you can get home and you know where it is, you can start walking before it gets dark. Stay with your machine until the search and rescue team arrives. The search and rescue team usually finds the machine before they find you. Don't make your clothing too tight nor too loose because it makes the hot air escape easier. Don't try to fall asleep if the weather is too cold because you can freeze to death.

And if you happen to bring a stove, light it and keep it burning. Stay awake when you're keeping the stove burning, if you don't the fuel will run out, you may breath a little bit of gas and you might die.

INUVIK

When living in the cold, where there are little signs of summer, people have to know the best ways to keep warm in winter. It's about thrity-five below outside and the wind is blowing snow everywhere and you're the crazy student who has to make it to school on time. What do you do to keep from freezing? Well, there a few solutions to this. One is getting your parent's to pay for a cab to school, but this only proves effective for awhile and you end up walking.

So if you have to walk, you need the proper equipment. One pair of heavy-duty winter boots, gloves, parka, scarf etc. You put this all on and begin walking to school, but halfway there you look at the other people making their way to wherever they're going and notice that they are only wearing a small winter coat, boots, maybe even runners, a scarf here and there, but over all you're the only idiot bundled up. To save yourself the embarrassment of your friends laughing at you, you quickly remove some of the garments and stuff them in your gym bag, thus toughing it out the rest of the way to school. This might account for the cold you get. You begin to wonder on a way to get to school and stay warm. You could risk looking like an idiot or begging your parents for cab money or toughing it out and possibly freezing to death half way to school. In a desperate attempt you turn to your friends for help. But they can't help because they never really thought about it. Suddenly, the solution comes to you. The only way to keep warm it to think warm. Don't think about the cold and concentrate your thoughts on other things like the homework you didn't finish, the test you didn't study for, things like that and getting to school will be a lot easier and a lot warmer.

Warmth, that's the name of the game. All through your life you spend hours, years trying to achieve one ultimate goal. That one single wish we all harbour deep inside of us. The secret desire, the yearning for the knowledge on how to keep warm in winter. It becomes an obsession with all of us at one time or another. Here are some tips of my own on how to attain this ultimate aim.

Sleep. Yes, just sleep. It generates a good, moderate flow of body heat. Stay in bed. If under dire circumstances you are forced to move do so with your pile of thermal blankets, quilts, down pillows, Polar Puff Bears and cats. Note: the cats (live) are essential to comfort. They need no electricity, give off tremendous heat, are flexible and soft and are perfectly willing to remain in bed all day sleeping. If it should happen that you are allergic to animal fur either buy some allergy pills or tough luck!

Before leaving the safety of your live-in bed be sure to have the proper necessities. Leave your bed only when completely essential (food, money, phone...). The following items should be included in your trek through the icy cold rooms you shall encounter. If not properly protected, the penetrating cold could seriously harm you.

Collect the following: one two-piece pair of flannel pyjamas (never take them off), two pairs of woolly socks, an extra large pair of jogging pants, three wool home-knit sweaters, two pairs of fur mittens, a long scarf (five feet), fur earmuffs (don't mess your hair),and a parka. After you have proceeded from crawling into all of these articles, slip into your mummy bag, zipping it all up to your nose and pack in a couple cats and you are ready to go. Hop across the wall to wall carpeted floors (avoiding bare floors at all costs) and beat ninety to the fridge or lavatory.

Never, I repeat, never go to a cold classroom. Get a tutor or a correspondence course if you must but if you step into a classroom you are finished. In the classroom exists the dreaded ice age where parka clad teachers roam the snow covered floors in bombadeers, shouting through loudspeakers as you shiver and quake while attempting to do work under the blizzard. You complain of being frozen, the teacher giving you an odd look sends for the custodian to check and adjust the thermostat. But then the custodian shakes his head, mumbling that the thermostat is up as high as it will go, then he skiis on out the door. Wait, I exaggerate, he snowshoes out the door.

The most effective solution on how to keep warm is just plain stay home. Watch T.V. It's a good source of heat. You can hug it, (aah, toasty warm), talk to it, use it as a source of light or just watch the latest soaps and movies with a Beta, VCR or VHS of course if you don't have cable.

Now here comes my favourite way of keeping warm. You begin to dream. You're snuggled up in a quilt in front of a blazing fireplace on a sheepskin rug wearing your favourite flannel nightie. There is an unwavering supply of fire wood and hot chocolate that a gorgeous trapper serves to you. Why bother trying to pinch yourself awake then you realize the truth, you are awake. You had been sleep walking again and this kind, tall man was sweet enough to bring you half-frozen back to his huge lodge. The best thing about it all is that you're snowed in and there is a jacuzzi and a sauna. That is the absolute best way to keep warm in winter.

CAPE DORSET

While I was walking to school my friend Johnny Lee came up to me and asked me why I use a cap, spring jacket and shoes in -30. I told him, "That's the best way I could be warm in winter." Johnny Lee looked confused and said, "In those clothes?" I said, "Yeah, you should try it someday. When you try, come to me first because there are some steps you have to follow."

The next day, Johnny Lee came up to me with a cap, spring jacket and shoes on while I was walking to school and asked, "Why isn't it working on me?" I said, " I talk you to come to me first before trying it." He asked me, "What should I do now?" I said, "Well, if you want to save yourself, why not run to school as fast as you can?" At lunch time, Johnny Lee didn't know how to go home with his clothes. He asked me, "How could I go home now?" I replied, "Get on the bus." Then he told me, "But that's for little kids." "Would you rather walk home and freeze?" Johnny Lee sneaked into the bus and went home safely.

After lunch, Johnny Lee came to me, still wearing his clothes and said, "I came here to follow your stops." I hesitated and said, "Wait for me right here. I have to go the washroom." At the bathroom, I panicked and tried to think of a plan. Then I finally came out of the washroom and watched the T.V. Johnny Lee asked me, "Well, what should I do?" I asked him, "Do what?" "What do you mean do what? I came here for your advice." I said, "Oh, you mean how to keep warm." I didn't know what to say. I finally asked him, "Do you have a necklace?" He said, "Yeah, why?" "Wear it everyday." He said, "I do. That it?" I hesitated and said, "After you say your prayers, say and keep me warm." Johnny Lee asked, "That's it?" I said, "Yeah, that's it."

The next day, Johnny Lee came to my house after lunch and told me, "It didn't." So I said, "Then wear your winter clothes." Johnny Lee was frustrated and went out to school. The next time I saw him he asked, "Why are you wearing those winter clothes instead of the usual cap, spring jacket and a pair of shoes?" I simply said, "That's the best way I could be warm in the winter."

YELLOWKNIFE

Since the cold in Yellowknife is, during the winter, very hard to bear, I have picked out the top five methods to keep warm. I'll start at number five and work up to the best.

There are always the ones that parents make up such as wearing seven pairs of long underwear. This, however, does not feel or look the best. I then figured, well, why don't you just never go outside? This would be higher on my list except for the fact it is not all that practical. You just have to go outside sometimes if you want to have a life that is relatively normal.

Number four relates to the nights which, up here, can sometimes go on all day. To

those who have a water bed, they don't have to worry. If you don't have a waterbed though, you could freeze to death, especially if you have a father who turns the heat down at night to save energy. To those with a plain mattress, I would strongly recommend an electric blanket, hot water bottles for your feet and three or four quilts. This would not go on all year of course, so you could always just pack them away for the summer.

The next one has a tendency towards exercise. When you are moving, you stay warm so keep moving. If you combine this with the fact that most teens love music you get dancing. A dance is one of the warmest places I know because there are usually so many people there. When you start dancing you bake. Of course, you also might have to walk home so you cool down pretty fast but even the memory could probably keep you going for a while.

Turning the furnace up to 35 degrees Fahrenheit is my favourite when I'm at home. My dad will kill me though if he comes home and finds out. Our thermostat is broken, however, so it never actually gets that hot, but I can usually get it up to at least 25 degrees. Otherwise my dad usually gets it (when he can) below 20 degrees. Of course you can always sneak back later and turn it up again.

My number one favourite is cuddling up to a cute guy. For guys it can be changed to a girl of course. What else can I say? Staying close is great way to conserve heat and you can also have a fire too.

HOW ALCOHOL ABUSES TEENAGERS AND HOW IT AFFECTED ME

NORMAN WELLS

When teenagers usually take alcohol it is usually to impress the people they are with, especially if the people are older or that have been drinking longer that you have. When teenagers drink they think that they can handle as much as the next person, but they really can't. If he or she tries to drink as much as the person that can handle their liquor, he or she usually ends up getting sick all over the place or making a complete and total fool out of themselves. When one teenager starts drinking sometimes that teenager might like the feeling they get, as of others, they just don't bother with alcohol once they've tried it.

I know when I started drinking it became a habit with me. I was drinking on school nights, it was interfering with my school work and my homework. I wasn't going to school as much as I should have and I totally stopped doing my homework. My grades were going down to the point where I was failing. When it came to study for finals or even term exams, it seemed that the information that I studied became no good to me because I could never remember anything that I studied or looked over. As I kept drinking, I noticed that my father and I were not seeing eye to eye any more, or that we would be arguing over the littlest things. I was growing farther and farther apart from him. But that didn't seem to bother me because I always thought that he was in the wrong, but as it was, I was wrong most of the time. When I drank too much I sometimes would black out and not remember anything that happened the night I was drinking, so I would feel terrible and guilty because I might have done something to embarrass myself. When I started to get serious hang overs I decided to slow down a bit or a lot. As I slowed down, I felt better and I decided to go to school more often. I started to relate to my father a little better. So you see, I went through the experience of alcohol abuse. To tell you the truth, I didn't like it at all.

THE PROBLEMS OF ALCOHOL

FROBISHER BAY

Alcohol is a problem in more than my community, not only with adults, but with teenagers as well. It causes many problems, to which there are few solutions. We need to help alcoholics, especially teenage ones.

I think that the problem of alcohol starts in the home. A teenager with an alcoholic parent has a more painful home life. This is because when alcohol is involved, family abuse and violence are not far behind. This does not mean that the one who is impaired is the violent one. The spouse of the one who is drinking can get fed up and take out his or her anger on the teenager. The teenager, who is usually the victim, would not know who to blame, the abuser, or the one who has been drinking. In events like these he or she would blame themselves and could turn to drinking for an answer. This does not mean that every teenage alcoholic has a parent or parents that drink, but a lot of teenagers who drink see it in their own home.

Some teenagers who turn to drinking do it because their home life isn't good. That doesn't necessarily mean they live with an alcoholic, but maybe their parents are always fighting with each other or with that teenager. Others feel they need love and they seem to get that love from a bottle. Some don't get enough attention, therefore they use alcohol to get the attention they're missing. There is also the teenager who drinks "to have a good time" or to forget or remember a person they care about. There is the one who feels a sense of maturity by having "a couple drinks". Last, but not the least, there is the teenager who is pressured to start drinking, but can't be pressured to stop.

No matter what the reason for drinking is, they can't seem to find a reason to stop. They don't see problems like impaired driving, where other lives are endangered because of the driver or all the crimes that are alcohol involved, or the fact that they are damaging the only brain they'll ever have. It's not enough for them to stop when their school work suffers or when they're sick all the time. Death is another factor they seem to ignore. Over drinking can lead to death. Teenage alcoholics that aren't mature enough to admit they have a problem aren't mature enough to drink at all.

Alcohol has a great deal of problems, but the biggest problem is that we've run out of solutions. I think that the first step is getting the teenager to admit they have a problem. Then they have to take steps in changing that problem. I also think that teenager is more likely going to turn to alcohol if brought up in a broken home. To prevent this, children should be taken out of these homes when they are young. I also believe that reinforcing laws such as serving to minors and alcohol involved crime would help limit the number of people who over-drink. Another way to help stop teenage alcoholism is to give teenagers a place to go where non-alcoholic beverages are served. That way they could dance off their frustrations instead of drinking them away. This could also help to keep them out of trouble. If these suggestions don't work they only thing to do is to make the community a dry community. Alcohol can be a serious deal if not used properly. That is why our generation must take steps to stop the problem.

FORT SIMPSON

As most of us would agree, the teenager, alcohol and drugs almost always have some connection, whether it's with family or friends, but most likely the problem is with you.

In the small town where I live, alcoholism is pretty common. In most cases the alcoholics tend to be the adults and a majority of the elderly. Because the adult has the right to drink where and when ever he or she pleases it seems all right to them, probably because it does no immediate or visible damage to the family or friends or even the children. Yet if the children are raised in an alcoholic environment, I think they are all the more likely to drink when they are adults or teenagers.

In my town the choice of things for the teenager to do is limited because of its size. On the weekends everybody wants to get out and party, and what's a party without a drink or two or maybe even a little weed? After that the teenager can do whatever he or she wants to, but no matter what, they know they're going to have a good time.

A lot of officials on the subject will say that the teenager starts alcohol and/or drugs because of their peers, but I don't think that is all that true. From my point of view, many start just to see if it's as good as they hear it is. After they try it, a lot can get a bad first impression and will not be likely to try it again. Those who do may be doing it because their friends do, they might think they can drink their problems away like school or family, others just for kicks.

There is a time when you drink or do drugs, between "feeling good" and "feeling sick" if you can stop somewhere in between that time, you shouldn't have any problems.

TEENAGERS OF TODAY

FORT GOOD HOPE

This essay is mainly going to be about teenagers and alcohol and also a bit about problems with their families and friends.

The first thing that I will write about is teens can't handle the stress of heavy drinking. Sometimes a teenager feels like going out to look for a party so they can get totally drunk. But that can be a hassle because they can lose control of what they are doing and the worst thing is that when they get drunk like that they can't remember what they did the next day. They could have killed someone and they wouldn't even know it.

I've heard of some teenagers who drink because they are depressed and lonely and feel left out. My opinion on this matter is that I think it's okay to go out and if you run into one or two drinks, well why not, take them, at least it might lift up your spirits. But stop after number two because if you are in a mood of depression the word suicide may come to your mind and that may not lead to a great future. If a teenager

feels depressed they should find someone to talk to. If you get everything you've got locked in your mind out it will sure help. And you can't talk to a drink and expect it to answer.

I think teenagers of today should be thought of more and given more things to do to keep them away from alcohol. For instance, in this town there is absolutely nothing at all for teenagers to do except go to school and we can't do that for 24 hours a day. Since there is nothing for us to do the only option that seems to be left is to go out and get drunk.

One idea that came to my mind is we should start up a centre for teens that can put up activities and a lot of other things. If there were some centres put up in all the small towns and that would keep a lot of teens from going out and getting drunk. They would be able to go to the centre and play games and do all other kinds of things besides drink.

I think the teenagers of the N.W.T. with nothing to do and who have a drinking problem should speak up because teenagers have just as many rights as adults do. If we were to start up more organizations and things for kids that would give us something to do besides drink.

There is my opinion on how I think teens are treated and also how they should be treated. I think teenagers of today know that they don't have to drink, but do it to get back at the world. Hopefully more things will start happening for teens to have something besides drinking, not to say that that's all we do but it is what is mostly done nowadays.

ALCOHOL PROBLEMS

FORT MACPHERSON

As all non-drinkers say, alcohol is an enemy to everything related in life.

Alcohol is a general problem to many families and friends, personality, community, accidents, and the last is the most important of all, your health.

My personality is very important to me. I have a lot of problems to do with life. Right now I cannot be a friend with alcohol, alcohol is my enemy it's my enemy because it brought me all the problems to do with many friends and relatives.

In my family, alcohol is a friend for them. Someday, I thought to myself, I could help solve the alcohol problem in my family. Sometimes I wish I never was in a family that drinks a lot. Sometimes a person can commit suicide because of one thing, "alcohol". If one person tries, it can help if they can think of all the happy things in life that is yet to come. Alcohol can bring many different problems to a family, maybe it's like my problem, but for those of you who have family problems, I hope you can solve the problem of alcohol in your family. Sometimes a person can have happy feelings and sad feelings, I hope you can solve the problem of alcohol.

A few of my friends have a drink once in a while, maybe they're not afraid of what

alcohol does to them, they're not afraid because alcohol makes a friend have the fun he wants. If one drinks the other follows to cause a problem, many friends felt sick because of one cup of whiskey.

Many of the surrounding communities have problems with alcohol. Sometimes you see one crowd and another, later on, you hear they've been shot or caused an accident.

Last but not least, the most important thing to help a person live a normal life is your health. Alcohol spoils your health. You can turn out to be a alcoholic, your health is the most important part of your life.

Alcohol can be solved by one person quitting, on to the next. Maybe family and friends can talk about what alcohol does to them, their family, friends or maybe your job. Help one another, don't dream of alcohol, dream of a happy and safe life of your own.

I hope each and everyone learns about alcohol, what it does to a healthy person.

PANGNIRTUNG'S ALCOHOL PROBLEM

PANGNIRTUNG

In our community, alcohol was a problem. People would drink a lot, get drunk then destroy things. A while ago it was made a law that there would be no more alcohol within thirty mile of this town. Quite a few people have kept these rules but there are sometimes people who bring alcohol in from other places like Iqaluit and some places down south.

A lot of teenagers drink alcohol. If they cannot get real alcohol, they try to make their own. Sometimes if they cannot find the things like yeast or the other things that they need to make alcohol they go out and buy Scope, vanilla and things like that and drink them.

Pangnirtung is really trying to stop the alcohol problem here. It is very hard though. A way I might try to stop alcohol in Pang is to check everybody's bags when they come in on the plane. That wouldn't do much good though because people would start sending alcohol through the post office. I think the police need some kind of a machine that can sense out alcohol in a bag or a parcel.

Alcohol wouldn't be so much a problem if the people didn't abuse it so much. If people just had a drink once in a while it wouldn't be so bad. Then again, there would be those people who would break and enter into people's houses just to get alcohol.

So I really don't know a way to really stop the alcohol problem, but I hope it will stop soon. It is really sad when people die from it. I have had three of my relatives die from alcohol problems. I know for sure when I grow up I will not drink alcohol.

TEENAGERS AND ALCOHOL

CAPE DORSET

I am going to talk about alcohol and other drug abuse with teenagers. Alcohol, drugs and sniffing can cause many crimes, especially to teenagers in the North. Not only up north, maybe in other places as well. Some people have been quitting alcohol, but lots of people still have problems.

Not long ago I had a friend. My friend was into alcohol and drugs. Not only my friend, there were other people having problems with drugs, alcohol, sniffing and other crimes. I've even seen drunks beating each other up. They didn't even feel a cut or a punch. My friend used to be very special to me before he got into drugs. He isn't that special to me any more. He started missing school a lot. One day he went to school really stoned. The teacher found out that he was stoned. Our teacher told him to get out of the classroom. My friend just said that he quit and went out. He really didn't care about anything, only drugs. That is really stupid.

People started thinking about it and that is how they built Alasivik. Alasivik is a place where people can help you with your problems. It is a place to talk to somebody. Some kids go to foster homes. That's where kids go when their parents don't care about them because of drinking and other drug abuse. So if you really have a drinking problem, that is why there is Alasivik, or if you are into drugs or crime.

Alcohol leads to almost everything, for example - breaking and entering, fights, suicide and other things.

Not long ago, one of my friends killed himself because he was drinking and using drugs too much. It was driving him crazy. He had nothing to do. He didn't have a job and he was a drop-out from school. In my town, people have tried to kill themselves. Lots of them did too and the suicide rate is the highest in my town. It is the highest in the Northwest Territories.

So, please, if you can quit or if you can not quit, get help from an expert or talk to someone about it. Too much drinking hurts our culture.

MY FRIENDS ARE ALCOHOL AND DRUG ADDICTS

FORT NORMAN

Monday morning my Dad woke me up for school. He said, "Get up, you're going to be late for school again!" I jumped our of bed, ran down stairs in the bathroom to wash up. Half an hour later I was ready to go to school. But I knew there was something missing. I thought for a second, then I just remembered I had to roll a toke for my friends. Instead of rolling one joint I rolled four for recess. Before I went to school I smoked one joint. About the time I went in the school I started getting very high. All morning I was stoned. At lunch break my friends went outside to smoke the

rest of the joints. Three weeks went by. My friends and I have been drinking and smoking dope every day, non-stop. one day I went for a walk by myself in the woods. I pulled out a joint but I just looked at it. I told myself, "You'd better quit Betty White or you will kill yourself." I started to cry because I didn't know what to do. I went to my house and I told my parents that I was doing drugs and drinking for a long time and that I needed help. Later that week I called my friends and asked them to come over. They asked if I had some drugs left. I told them I quit that stuff. I asked them to come over. An hour later they arrived. We all had a cup of coffee, I told them the reason why I quit drugs and alcohol. They all decided to quit too. A week went by without doing drugs or sipping a beer. Three times a week we all go to the A.A. meetings.

This is my story. It's based on a true story.

These are my concerns about solving these kinds of problems:

a) Go for long walks when you're feeling uptight.

b) Talk to someone who you can trust when you have a problem.

c) Go to A.A. meetings.

d) Keep yourself busy at all times.

e) Convince yourself that you can't give up on something that you worked hard for.

f) Ignore the people who tease you because you quit drinking and quit drugs.

ALCOHOL

POND INLET

Many problems are caused because of alcohol. You could loose your job, your friends, you home, your family and your will to live. Sometimes you can cause death. Many auto accidents are caused by a drunk driver on the road.

Many problems in the house are caused by alcohol. Sometimes men can come home drunk and beat up their wives and children. Sometimes they spend too much money on booze and do not have enough to support their family.

Often you can loose friends by getting drunk and starting a fight or an argument. You can lose a friend by driving drunk and then having an accident. Many times people cause bodily harm to themselves from excessive drinking over many years. You can damage your brain, liver, kidneys and you could get ulcers.

There are many ways to help you quit drinking. You can get help from friends, hospitals, families and you can go to A.A. meetings. I have a few words I would like to say to the people who don't drink - don't start or you'll regret it if you do.

IT ONLY TAKES ONE

INUVIK

"Bombs explode everywhere, people are screaming in terror. The sun starts turning red; a shattering boom ruptures through all other sound. The sun goes black."

That's my nightmare about war. I try not to think about it, the arms race and the nuclear bomb but you can't forget about something that frightening for long. Just look at what one H-bomb did to Hiroshima. Think about what hundreds, maybe thousands could do to the entire world.

I don't understand the rivalry for nuclear defence weapons between Russia and the USA. If we try so hard to find cures for terminal diseases, give aid to famine stricken countries and preach that life is too precious to take away, why do we want to kill ourselves because one person says it is time.

It's our fault since we supported the idea of bombs, thinking the more we had the safer we'd be. Yes, we've got power, enough to kill what took nature millions of years to create: life, but where will that bring us?

What does the future hold for teenagers like me? I sometimes wonder if I am going to be around long enough to fall in love and have a family of my own. Maybe if we do live long enough, kids like me can pick up the pieces that our forefathers left behind and fix them.

I wish people would realize what they are saying when they speak of us as being the bearers of the future. We can't carry on the human race if we are dead.

One misinterpretation and we are all gone. Reagan, the President of the USA, claims that he does not have an ambition toward a III world war, but yet why it there NATO, hidden bombs all over the world and why does Canada, who campaigns for peace, have the DEW line? The United States is even in the process of developing a new battle technique called Star Wars during peace talks with Russia. Is there really hope?

Only we can change the possibility of war which would only end in Death begin the victor. Man, the inventor of amazing feats; man is his only destructor.

I can't stop the nightmares or the fear of the news, especially not the constricting knot of terror inside me every time I gaze upon something I love. I'm almost afraid of war and dying and I'm not ashamed to admit it. It takes only one to press the button. They can't say oops then.

THE PHYSICAL MALADIES OF A TEENAGER

FORT SMITH

As a child passes into the stage of life called adolescence, he is not prepared for the problems that arise in this period.

After a short while of being a "teenager" he begins to notice the incredible faults of his body which he somehow never noticed before. This essay outlines only a few of the many physical ailments a teenager suffers from.

The first is one which strikes terror in every boy and girl's heart if only mentioned - ACNE! As the unsightly pimples and spots rear their ugly heads, the teen tries in vain to rid themselves of the unattractive problem with many over the counter products. However, he will only have to live with the blackheads and zits for a few years at the most.

As kids get older, they spend more and more time in front of the mirror. As a result, boys find that they are too underweight and don't have enough muscles. Many try to rectify this by eating lots and lifting weights. Usually it doesn't work. Girls, on the other hand, come to the conclusion that they're too fat. So they immediately go on crash diets, only to be reprimanded by their mothers.

Coming from a tall family and having the problem myself, I know the feeling of being TOO TALL. All teenagers feel very gawky and uncomfortable when they tower over their classmates and everyone comes up to you and says, "Wow, are you ever tall! How's the weather up there?!" Never the less, I think I should also add a word about those people who complain about being too short! Personally, I don't see what they're complaining about!

Many teenagers these days are showing up with their mouths full of metal. Even though the dentist promises perfect teeth many kids wonder if it's worth spending two years nicknamed "Rail road Tracks"!

Finally, many people become very preoccupied with their physical appearance when members of the opposite sex into their lives. Many a cry of, "I have nothing to wear," or "I hate my hair," are heard in households of teens. Parents go crazy trying to convince their distraught child that their hair looks great and, "No, that shirt doesn't make you look fat."

Adolescence is a very tough time, but everyone gets through it some way or another to become an adult. I hope this essay helps some poor unsuspecting twelve year old thinking being a teenager is great. Why, I haven't even mentioned the emotional problems!

PROBLEMS THAT CAN HAPPEN WHEN YOU THINK YOU'RE OVERWEIGHT

YELLOWKNIFE

Some teenagers think they're gaining weight when they are really just growing. For example, I have a friend named Catherine. She is always saying how big and fat she is. If you ask me, I think she looks fine. Catherine goes on diet pills and starves herself for days. She doesn't pay much attention to school any more. She daydreams in class. Catherine thinks about how she is going to be tall, slim and beautiful like those models on Vogue magazines.

At home, all she does is read diet books and exercise. Catherine is over-exercising herself and gets very tired and dizzy. She totally ignores her homework and is failing grades.

One day, Catherine found an article about diuretic pills and how they work. She started taking these pills which made her very sick. The pills were dehydrating her body. She often felt nauseous and dizzy.

Catherine kept on taking diet pills and diuretic pills. She soon became anorexic. She grew pale and very thin. Each day she was getting worse.

Until one day her parents found her lying on the floor. She had fainted. They quickly rushed her to a hospital. Catherine was given help and advice from the doctor. Hopefully she will recover and not think she is overweight.

If you know someone that is anorexic, talk to them and try to convince them they are not fat. If that doesn't work, show them pictures of people that are anorexics. Maybe that will scare them and help them realize what situation they're in. Tell them to seek help from doctors. You could be saving a person's life.

If you think you have a weight problem, control your appetite. Build up your will power. Don't take pills, it doesn't help. Eat three meals a day and follow Canada's food guide. That's the only way.

GETTING ALONG WITH PARENTS

NORMAN WELLS

One of the problems I feel many teenagers face is getting along with parents. Myself, being a teenager, I sometimes find it frustrating and confusing trying to communicate with my parents. I have always gotten along with my parents, but over the last few years I seem to find myself slipping away from their grip. I find myself having certain needs and certain things in which I want, like going to a party or going to a friend's place, but my parents don't seem to understand.

Over the last few years, I tend to argue with my parents a lot more and we argue over the dumbest topics. We might argue over things like who left the milk out or who

used up all the sugar and never refilled the bowl. Many of our arguments also evolve over a difference of opinion, which we seem to have a lot of lately. I think a lot of our arguments are also caused because of my little sister who I never seem to be able to get along with. I constantly complain to my parents about my sister getting into my things and breaking or losing them, but they just tell me to put my things up where she can't bet at them and there won't be any more problems. Yet, no matter where I put my things, my sister gets her hands on them and the arguing starts again. I also find myself baby-sitting my little sister every other night for my parents who have many meetings which they must attend. This also leads to arguments for I might have plans made for that evening or I may just want to get out of the house, for there's not much to do there.

I know that I'm not the only teenager in the world with this problem, for many of my friends also argue with their parents. I don't know if they argue over the same things as we do or as much as we do, but they must have their share.

Times are not always nasty and harsh at my home between my parents and I. We can go out and have a good time together and not argue, and I can understand if they have a hard day at work which may also lead to an argument. I also know that the arguing may only last a few more years and maybe we will be a happy, loving family once again.

PARENTAL RULES

INUVIK

Every teenager knows them. Every teenager has to live my them. Most teenagers hate them because they are hard to abide by. Some teenagers think that the rules that their parents give them are made to be broken.

Some of the rules are common in almost every household for teenagers, for example, having to clean the house, study every school night, no swearing and you only get to watch T.V. at certain times of the day. But if you break some of the stricter rules you could pay a very high price. For example, if you came home ten minutes late you could be grounded for a week or more. Example number two, if you got caught doing drugs or alcohol and if your parents were mean enough you could be kicked out of your own house or even beaten.

Some teenagers hate their parents and the rules. They may break a rule on purpose three or four times a day. I think it would be O.K. to break a rule one to two times a month because nobody's perfect. Some teenagers think their parents give them rules to make them perfect. Then they start to think that they are numero uno. So they break a rule or two just to look good in front of their friends, just to prove to their friends that they're not square, scared or even snobby.

The results for the parents rules can be pretty scary. Some teenagers move out of their house or even away from the town/city. Just because they can't live by their parent's rules. I think if you just followed the rules it would make life for you and your

parents a lot easier. Then, if you did get along with your parents, they would give you more things, for example, stay out later, more money and your parents would trust you. I think the world is a better place with all of the rules. If there wasn't any rules the teenagers would drive the world crazy.

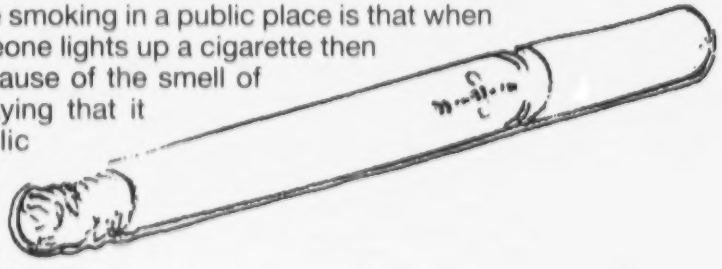
TO SMOKE OR NOT TO SMOKE

RANKIN INLET

Smoking has been the most popular thing to do for a long time now. There has been a lot of smokers who have tried to quit, but most of them go through a lot of pain trying to quit. Most of this pain they go through is because where ever they go there would be someone smoking. Some smokers get very bad nicotine fits which makes them go crazy for a cigarette.

Now there are places where they are not allowed to smoke in public. Here, in Rankin Inlet, there are such places that have banned smoking in public places such as Government offices, stores, the arena building, nursing station and, of course, the school. Smoking has been banned on the school grounds during school hours, but not too many people are listening to that rule. They don't realize that smoking is a bad influence for the younger children. Second hand smoke is also dangerous, mostly to children because they are still growing. I heard that smoking stops your growth, but I'm not sure if it's true. And have you ever sat next to a person who has just finished a cigarette? If not, you're lucky because they smell worse than an ashtray (yuck).

If they want people to stop smoking, then why don't they just stop making cigarettes? I think they should make some sort of food or drink that tastes like cigarettes but is not harmful to your health. If people smoke for the taste of it, then they should have made that sort of product a long time ago. But if people smoke just to make them look good, well, it won't look so good when you get skin cancer because your skin will change colour and if you get treated for cancer (which is called chemotherapy) you can loose your hair. Usually smokers quit when they find out they have something wrong with them. People who smoke often get tired really easily when they play some sort of sport.



The thing I hate about people smoking in a public place is that when you're going to eat and someone lights up a cigarette then you loose your appetite because of the smell of cigarette smoke. I'm not saying that it should be banned in public places, but I do think it should be banned in restaurants.

Some smokers have lived a pretty normal life, like they never get cancer or anything, but on the other hand, non-smokers have gotten cancer even though they have never touched a cigarette before in their lives. So

nobody really knows to much about cigarette smokers.

I know that what I have just said will not make anybody quit smoking, but I do hope that you will seriously consider thinking or quitting your bad habit. Smoking usually causes cancer, so for God's sake, quit smoking before you die!!

TEENAGE SMOKING

HAY RIVER

Smoking is one of the worst habits in our society today. It is even worse when it's done by teenagers. The teens who smoke think it's "cool" and sophisticated. They want to act grown up, so they smoke just like adults do. In this essay, I will emphasize that smoking teens are not "cool" and mature, but just plain stupid.

I think smoking parents are a main cause in getting kids to smoke. The teens see their moms and dads smoking cigarettes everyday. They are surrounded by this filthy habit. By leaving their cigarette packages lying around on the coffee table or counter, parents are actually encouraging their kids to try smoking. Teens or pre-teens take a cigarette out and light up just like they see their parents do. What their parents don't tell them is that smoking is bad for their health. It can lead to diseases like lung cancer, emphysema and tuberculosis. They don't realize that by starting smoking early, they are actually cutting their life short.

Smokers also endanger the people around them. It has been proven that "second-hand smoke" is almost as dangerous as direct smoking. Smokers are generally inconsiderate toward non-smokers and light up anywhere regardless of others.

Also, by smoking, teens are putting a damper on their athletic abilities. Long-time smokers cannot get oxygen into their lungs to participate in fast action sports like basketball, volleyball, skiing, running and hockey for long periods of time. This is a real shame because some people have a natural ability or talent for sport and by smoking, they are not giving themselves a chance to live up to their full potential.

Fortunately though, the Canadian government has come up with the "Break Free" campaign. This campaign features television commercials, posters, buttons and T-shirts focused towards teens who smoke. The commercials feature well know rock musicians like Luba and Corey Hart. Teens look up to these stars and think highly of them. If they see these rock stars telling them smoking isn't "cool", they just might think about "breaking free" from smoking.

All across Canada these days, smoking is being banned from schools and public places like restaurants. If people smoke in these non-smoking areas, a fine must be paid by them.

More and more people are becoming aware of teenage smokers and want to help them kick the habit for good. I agree with this action and am pushing for a cleaner and unpolluted society of non-smokers.

NOTHING TO DO

BAKER LAKE

I'm sick of doing the same things over and over and over again every single day!

Over here there's not much to do and nowhere to go. The only places to go are Fast Foods, the gym and the arena. It's always the same people who go to the same place who do the same things. At these three places, people under 16 get kicked out when it's time for them to go, where do they go after that?

Quite a few people I know make trouble for something to do. They do drugs and drink because they have nothing else to do. If and when they get caught, they go to court and it's embarrassing for the whole community.

To me, I think the best place to go out of all these three places is the gym. It's only open on the weekdays. Basketball and volleyball are held there. So what do we do on the weekends?

At the arena, the men get to use the arena a lot more that the kids, teenagers and the old-timers and the women. Even in the curling rink, people under 16 aren't allowed to curl or even watch when it's time for them to go, they can only stay if they're with one of their parents.

When the Lady's Hockey League started, people under 16 couldn't play unless they had permission from the parents. Once in a while, the Men's Hockey League would hold dances at the Hall. I guess they're O.K. But we have to bug the bingo players in order to get the hall for Teen dances. Bingo is held every night except Sundays and they get upset when we want the Hall to ourselves.

Someone opened the Adult Centre for teens at certain ages who can go only at certain times. They can play with the computers, ping-pong and watch movies. But where do they go when it's not their night to go to the Drop-In-Centre? They'll most likely go to the Fast Foods or arena. But people can only stay there for so long.

To solve the problem of the "bored kids", I think someone should open a centre for kids of all ages permanently so they'll have something to do and somewhere to go all the time.

A CRY FOR HELP

HAY RIVER

Teenage suicide unfortunately is a very real problem. There can be many reasons why a person may choose to take their own life and a lot of the time it can be just because they can't cope with their everyday situations. Maybe their friends have turned against them or they are failing in school. Their parents could have split up or they just may not be able to handle day to day crises.

There are things to look for in person you think may be considering suicide. These things are small and seem unimportant but actually they are desperate cries for help. First of all, loss of appetite and not socializing with his or her friends. Secondly, they may begin to dress in dark, dull colours to suit their moods. Also, sometimes they give away things that they value for no apparent reason. Lastly, they will often tell people who are close to them how they really feel about them.

Parents often realize something is wrong with their child but just pass it off as a "phase" that all teens go through and really do not mention it or give the child the attention he or she needs. This is a big mistake because a suicide victim is asking to be noticed when he or she begins to act strangely.

If you think someone you know is considering suicide, you should sit down with him and talk to him. Ask him what is wrong and say that you think he needs help. If he disagrees and says nothing is bothering him, insist that you think he is considering suicide. Do not only talk to him once, but talk to him many times, make him feel loved. What he will need is a good friend. You should tell an adult or someone who could help him. Even if you have to tell his parents, go ahead. Though it may be hard to tell if a person is really considering suicide, just use your judgement and don't hold of with taking some action because, excuse the pun, but it is better to be safe than sorry.

If a person had tried to take his own life but has not been successful, he will try again. But no one really wants to die, they just want help or love. Sadly enough, sometimes it takes a suicide attempt to get it.

There are places for teens to go or even call to get help and advice on day to day problems or just talk to someone. If a teen gets help with these immediate problems he or she can avoid the build up of emotion that can lead to a suicide attempt.

Remember, a suicide victim or a possible suicide victim is not crazy and not out of your reach. You can help him if you would just hear his cry for help.

END

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